

Northern Highlands Regional High School

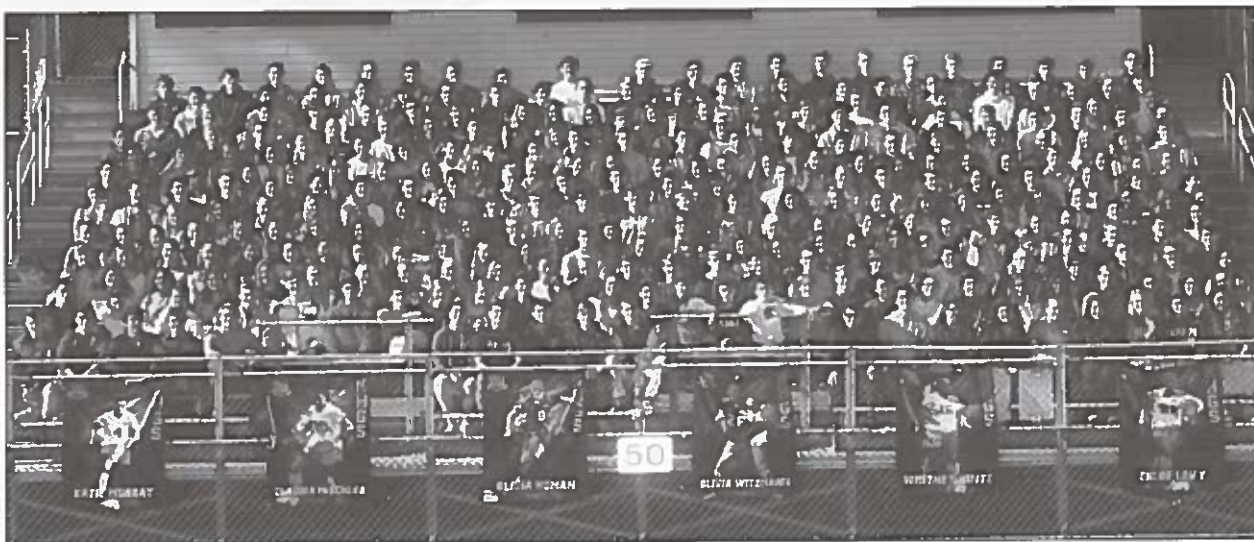
Allendale • Upper Saddle River • Ho-Ho-Kus • Saddle River • Spring 2019

www.northernhighlands.org



Congratulations to the Class of 2019

The Northern Highlands Board of Education and staff congratulate our graduating Class of 2019. We thank all 322 students for their dedication to Northern Highlands over their years here and wish each of them all the best in their future endeavors.



NH Principal Named Hometown Hero



Congratulations to Northern Highland's principal, Joseph Occhino who was named Hometown Hero by New Jersey's Fifth Congressional District Representative Josh Gottheimer in December. The Hometown Hero award honors ordinary citizens who are doing extraordinary things to improve the lives of others.

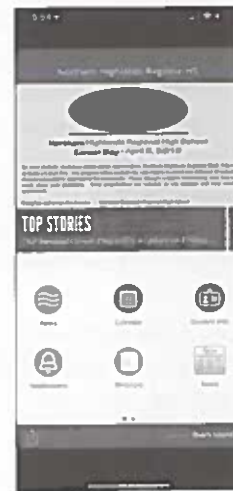
Mr. Occhino was recognized as follows "As principal of Allendale's Northern Highlands Regional High School, Westwood resident Occhino has promoted various educational and preventive programs in his school related to the opioid crisis that the state and the country are grappling. He was among the first in the nation to get Narcan, the life-saving drug for opioid overdoses, approved to be kept on school grounds."

An App for Highlands

During the 2018/2019 school year, Northern Highlands added a smart device application to the methods which a parent and student may communicate with the district.

The Smart App is available for both iPhone and Android devices and provides parents and students with easy access to district information. Areas of access include district social media accounts, as well as, student records accounts (Canvas and Genesis), access to uploading money to a child's account (library/cafeteria), as well as increased communication with the district such as direct email access to district staff.

To download the App go to either the Android or iPhone App store and search "Northern Highlands". The App is available for download at no charge.



From the Superintendent



Highlanders,

Another year has come and gone and in a few weeks we will all be off enjoying the summer. I hope that each and every one of you have an enjoyable and relaxing few months of sun and outdoor activities.

2018/2019 has been another exciting and very productive year for Northern Highlands. Academically we continue to enhance our programs and have added numerous elective opportunities for students. In addition, our newly formed Option 2 program now encompasses Internships, Community Service, Independent Studies, as well as online and traditional college opportunities. We are now ready to move forward and add even more programs and choices for students over the next few years. With our school providing more options than ever to meet the interest and need of each individual student, there has never been a more exciting time to be a Highlander.

During the winter of 2019, Northern Highlands went through state monitoring or QSAC. This process occurs once every 3 years and as expected, Northern Highlands showed why we are so highly regarded in the academic field and performed extremely well. We are proud to be recognized as such a wonderful district and look forward to using the feedback from the New Jersey Department of Education to further enhance our already wonderful district.

On the facilities front, our solar program is finally 100% complete and as of the spring we are producing about 40% of the districts energy through solar production. One of the exciting features of this solar program is the ability to share the impact of the solar program with everyone. You can find a link to this information on the district website. This link will provide real time information on the generation of solar power and the environmental impact of the program and is located under "Our District" and then "Energy Project."

On the activities front, Northern Highlands saw another stellar year from our students. From Division, County and State Championships to individual competition awards for groups, such as our A' Capella groups and DECA, we have watched our students continue to have success at the highest levels. It has been an honor to watch these students over the course of the year as they represent our district so well.

I would also like to congratulate all of our seniors in the graduating Class of 2019 on their upcoming commencement. Graduation will be held this year on June 24. These students have worked extremely hard for this day and I am very proud to celebrate their commencement with them. I wish each and every one of our seniors all the best in their upcoming post high school journey.

I wish everyone a wonderful summer and look forward to returning in just a few months to spend another year with my amazing Highlanders.

Sincerely,

Dr. Scot Beckerman, Superintendent

District Welcomes Back 3 BOE Members



Congratulations to our 3 newly elected BOE members who will serve 3-year terms on the Board of Education. The 3 board members are Jim Mulanaphy from Allendale, Gail Trumbetti from Allendale, and Sheila Yallowitz from Upper Saddle River.

Gail Trumbetti has been serving on the Northern Highlands Board for 14 years. She has been the Scholarship liaison and NJSBA delegate for many years and has served on and/or chaired Personnel, Communications and Negotiations committees among others. Mrs. Trumbetti also served as the Vice President to the Board of Education for 8 years.

Jim Mulanaphy has been serving on the Northern Highlands Board for 11 years. He has been the Sports Association liaison for most of that time and has served on and/or chaired the Negotiations, Finance, Facilities and Activities committees.

Sheila Yallowitz has been serving the Northern Highlands Board for 7 years. She has chaired the Communications committee for most of that time and has also served on Policy & Negotiations committees among others.

Thank you to all 3 members (Left to Right: Yallowitz, Mulanaphy, Trumbetti) for their commitment and vast amounts of time they spend supporting and guiding Northern Highlands.

4-Year Collective Bargaining Agreement Reached

The Northern Highlands Board of Education (NHBOE) and Northern Highlands Education Association (NHEA) are happy to announce the ratification of a new 4-year Collective Bargaining Agreement (CBA).

During this past year, the NHBOE and the NHEA have been involved in negotiations for a new employment contract for our District's staff members, including teachers, secretaries, paraprofessionals, custodial and maintenance staff and other support personnel. During this process, the parties shared a goal of reaching an agreement that was as fair as possible to all involved stakeholders.

To that end, the NHBOE and the NHEA Negotiations Teams are pleased to announce that in January the parties reached an agreement for a new contract that will run from July 2018-June 2022. Both the Board and Association are confident that the terms of the agreement will allow the District to fairly compensate its valued and essential staff members while maintaining the excellent programs and high-quality education provided to our students and also taking into consideration the needs of the District's taxpayers.

Teacher of the Year

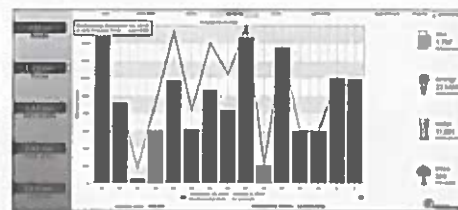


Congratulations to Ms. Magretto for a well-deserved recognition.

In January, Ms. Sara Magretto was named Northern Highlands 2018/2019 Teacher of the Year. Ms. Magretto has been a Science teacher for the past 20 years; 11 of which have been spent at Northern Highlands. During her 11 years at Northern Highlands, Ms. Magretto has also served as the assistant coach in field hockey, spring and winter track.

Solar Program is Finalized

In January the Northern Highlands Solar Program was completed and the district is now creating electricity from the solar cells installed on the roof of our building. The energy savings from this program can be monitored by the public on our website at www.northernhighlands.org. Look for the "Impact of Solar Program" link to view interesting facts about our solar production and the impact on our districts global footprint.



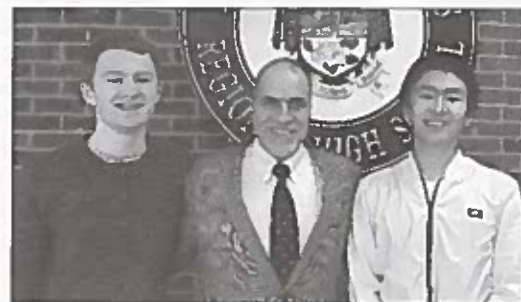
Valedictorian/Salutatorian Named

Principal Joseph Occhino recently announced this year's Valedictorian and Salutatorian. Valedictorian Connor Courtney and Salutatorian Alexander Shen 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. Connor and Alexander have also been recognized as AP Scholars with Distinction based on their average score of at least a 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams.

Connor recently earned his Eagle Scout designation as a member of the BSA. Connor has also participated in many extracurricular activities, all while maintaining top grades. He has served as a Student Ambassador to incoming freshmen through the Boomerang Project, and tutors students in math and science. Connor serves as Vice President of the Northern Highlands Chapter of the National Honor Society. He has studied trumpet since 5th grade, and has successfully auditioned for the competitive All-State, Regional, and County Bands. He participates as a musician and Field Captain for the Northern Highlands Marching Band, and has been selected for the Highlands Jazz Band and the school musical pit orchestra. Last summer he studied Spanish in Granada, Spain. In his free time, he enjoys traveling and teaching himself guitar. Connor demonstrates commitment and enthusiasm in all his activities.

Alex is a dedicated and socially-conscious student. He was nominated 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." He is also very enthusiastic about his extracurricular activities. He has played varsity tennis all four years of high school, as well as being the Captain in his senior year. Alex is also the Vice President of the Chess Club. In the fall, he enjoys refereeing soccer for Northwest Bergen Soccer Association. During the summer months, Alex spends time volunteering at Camp Sunshine, a day camp for children with special needs. He is a founding member and coach for the non-profit GRIT Tennis Program aiming to make tennis available for kids of all ages, skills, and socio-economic status.

We have no doubt that Connor and Alexander will bring their academic excellence and motivation to the collegiate level.



The College Admissions Profile

On the school website, under the tab "School Counseling," there is a very useful college resource *The College Admissions Profile*. This resource presents the actual college admissions experiences of recent Northern Highlands graduates.

The College Admissions Profile includes a list of all the 2 and 4-year colleges to which the class sent in applications. The Profile has an alphabetic listing of every college our students applied to that year, listed with the student's GPA, SAT and ACT scores, and it lists whether or not the student was accepted or denied to the school. For example, last year, we had one student apply to Lehigh who had a 3.5188 GPA, an ACT of 29; the student applied Early Decision and was accepted.

Northern Highlands Regional High School
College Admissions Profile (CAP) - Class of 2018 - Early Action/ Early Decision Report

College	GPA	High SAT	High	High	High SAT	ACT	SAT Subject Tests	Type	Result	WL
		Critical Reading	SAT Math	SAT Writing	2400 Combined					
Lafayette College	4.1406	-	-	-	-	31	WH:640	ED	Accepted	
Lafayette College	3.3563	-	-	-	-	25		ED	Denied	
Lehigh University	3.5188	-	-	-	-	29		ED	Accepted	
Lewis & Clark College	3.6739	-	-	-	-	25		EA	Accepted	
LJM (Laboratory Institute of Merchandising)	3.3344	-	-	-	-	21		EA	Accepted	
Loyola Marymount University	3.4500	-	-	-	-	25	CH:520; M1:630;	ED	Accepted	
Loyola University Maryland	4.0854	-	-	-	-	32	UH:620	EA	Accepted	

Users of this profile are reminded that college admissions decisions are based on a variety of different factors that are not included in this profile.

This is a useful college resource that should be used in conjunction with other resources, including the guidance counselor's more comprehensive experience and understanding of the admissions scene at individual colleges.

National Merit Scholarship Program – Finalists



From left to right- Eric Ding, Alex Bildner, and Alexander Makarovskiy were named Finalists in the National Merit Scholarship Program. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) which serves as an initial screen of approximately 1.6 million entrants each year. Becoming a National Merit Finalist is competitive and requires a top score on the PSAT. All three students scored in the top 1% on the PSAT.

FLT Students

Research Social Causes and Take Action

Throughout the month of December, the freshmen in the Foundations of Literacy and Technology (FLT) course researched social causes and selected a charity that they deemed important. In each class, students presented a brief "elevator pitch" speech to persuade their classmates to donate to their chosen charity above all others. Students donated to a class pool of funds, and after considering their classmates' presentations, selected a winning charity to receive all of their combined donation money.

The charities that received donations were:

American Cancer Society, Brain and Behavior Research Foundation, Brain Research Foundation, Breast Cancer Research Foundation, Can Do Multiple Sclerosis, Charity Water, JP Opioid Interaction Awareness Alliance, Make a Wish Foundation, Mental Health Association of NYC, National Alliance on Mental Illness, National Search Dog Foundation, The Wounded Warrior Project.

Together, the FLT classes raised over \$2,000! The teachers of FLT - Diane DeVoe, Joseph Kiely, Jennifer Lederman, Amanda Lentino, Anthony Sagliocca, Kristen Schumacher, Donna Scrivanich and Lauren Zucker - would like to congratulate the entire freshman class for their generosity and enthusiasm!

DECA and the TREPS Program

This year the Northern Highlands DECA Entrepreneurship Promotion Plan Team, led by Kayla Kerrigan, Anatalia Sosinsky, and Samantha Gandara, assisted Mr. Sagliocca in the organization and facilitation of the TREPS program at Brookside Middle School. TREPS, short for entrepreneurs, is a six-week after school educational program whereby Brookside students receive instruction on how to come up with a business idea, develop it, advertise it and then launch it in a flea-market style "TREPS Marketplace."

Over the course of the six-week program, the DECA team recruited members of the Northern Highlands Entrepreneurship class as well as community guest speakers to mentor and assist the Brookside students in the creation of their businesses. The Brookside students applied the knowledge they learned about profit, organization, promotion, and sales to create and manage a successful small business.

The TREPS Marketplace was held at Brookside Middle School on December 4. Twenty-two student-run small businesses sold a variety of products ranging from stickers, to homemade beauty products, to handmade jewelry, and much more. The event was attended by parents, teachers, members of the community, and over sixty Northern Highlands DECA students. By the end of the night, most of the small businesses had sold out of products completely. All Brookside students boasted profits from their businesses after they accounted for expenses, with some businesses taking home over one hundred dollars.

The DECA Entrepreneurship team is very proud of the accomplishments of the Brookside students. It was an amazing experience for the community. The success of the event and impressive profits inspired many of the Brookside students to become entrepreneurs, with some even continuing to run their operations through social media.



NHS Inducts 128 New Members

On March 26, 2019, the Northern Highlands National Honor Society inducted 128 new members (23 seniors and 105 juniors). Congratulations to all of our students who exemplify character, scholarship, leadership, and service.



NH Senior Receives CPA Scholarship

Andrew Nimerofsky, a senior at Northern Highlands, was chosen as a recipient of an accounting scholarship from the New Jersey Society of Certified Public Accountants (CPAs). Recipients of the scholarship are awarded \$7,000 a year for 4 years of college. This prestigious scholarship is awarded to only 15 students throughout the state of New Jersey, and includes a rigorous application process and an in-person interview for the finalists.



This is the second year in a row that a Northern Highlands senior has received this scholarship. Last year, Phoebe Schmidt from Northern Highlands was awarded this scholarship and Lauren Waletzki was a finalist.

Congratulations to Andrew and we wish him all the best as he plans to study Accounting at Elon University in the fall.

Class III Officer Added to Northern Highlands

The safety of students and staff is at the forefront of all school districts. With guidance from security experts including the Department of Education, The Bergen County Prosecutors Office, Local Police Departments as well as national experts, Northern Highlands has spent the past few years increasing security on our campus.

Improvements over the past few years have included adding cameras to both the inside and outside of our building, adding a vestibule to our main entrance, changing all of the locks for classrooms, modifying drop off/pickup procedures as well as several other areas of improvement.

During the 2019/2020 school year, we will continue to improve our campus security by adding gates to the breezeway walk-throughs and changing the exterior locks to the building. In addition, we have also added a Class III Officer.

So what is a Class III Officer?

A Class III Officer is a retired law enforcement officer, who previously served as a fully-trained police officer in New Jersey. The individual must not have a break in service from the police department longer than 3 years and will be trained as a School Resource Officer. The Class III Officer will be armed and serve under the Allendale Police Department.

Additionally, it is the goal of Northern Highlands to use this individual as a resource around campus and also within classrooms as we integrate their services into the curriculum of several courses.

We thank Allendale and all of the other Northern Highlands Police Departments for their continued service to our district and look forward to adding this important additional position to our school.



Spring Musical "The Drowsy Chaperone"

The Northern Highlands Theatre Company presented the comedy "The Drowsy Chaperone" from March 7-10. The production consisted of 21 students and another 65 crew members, which occurred over the course of 4 days.

Congratulations to all of our faculty advisors and students who participated, as it was another success for the Visual and Performing arts program that has set a high standard of production year after year.



Highlands Goes Green

On February 13, Northern Highlands had its first "Green Out Day" which is a national campaign intended to support the Stigma Free Initiative. This campaign is a school community program, which aims to reduce the stigma associated with mental illness.



Senior Internship Spotlight

By Kim Hayes, Option II Coordinator

Northern Highlands' Senior Internship program has been a great success this school year, and we now have expanded our program to include more summer and after-school opportunities for our students. The Senior Internship program has enabled our students to participate in alternative learning experiences, develop career readiness skills, and prepare for the next steps in their lives. Here's what they have to say!

Andrew Ceriello (IT Field/Powersolution, Midland Park):

"Through my internship, I have explored different aspects of the IT field. My mentors have been incredibly supportive and have helped me learn about different career paths and necessary certifications. This experience truly has given me what I was looking for in an internship. I understand the daily routine of changing into business clothes and working in an office environment. There is never a time where I am not focused on my next move during the day. Now that I have learned about cybersecurity, I possibly am interested in combining IT with a career in law enforcement."

Lily Massie @lilymassie (Music Industry/Jimmy Greco & Airgo Studios, Queens, NY):

"My internship allows me to develop as a singer-songwriter and learn about the music industry. On the creative side, I do a lot of songwriting, vocal arranging, directing, and singing. On the business side, I do event planning and social media managing. Spending more time in such a setting makes it so much easier for me to create and focus. It has also opened my eyes to all the different career opportunities and options in the music industry."

Kyle Carucci (Aviation/Pegasus Jet, Teterboro, NJ):

"Because I have an interest in aviation, I am fortunate to have an opportunity to work at Pegasus Jet at Teterboro Airport. During my internship, I have worked closely with my mentors to learn about aircraft management and maintenance, how to create and coordinate flight plans, and how to work with our business clients and pilots. I even started to take flight lessons and am learning how to be a pilot. I really love working with my group, and they have welcomed me into their company. This experience has really showed me what I may want to do in my life, but also opened other avenues for me such as managing a business."

Opening Day Performance



On March 26, The Northern Highlands Marching Band, "The Highlands Regiment", was selected as the only band in the country to perform on Opening Day for Major League Baseball on MLB Network. Band Director, Kyle Kubicki, was contacted by MLB Network Studios Director, Tom Healey, to perform on the show *Quick Pitch* for their Opening Day show. The band traveled to the studios and spent the day working with the producers, directors, and host of the show in order to put together several segments. The band was not only featured before commercial breaks in different instrumental sections, but the band performed the entire song *Handclap* to conclude the show.

The show aired nationally and internationally for millions of viewers on Opening Day, Thursday, March 28 at 8:00 pm. The entire Northern Highlands School District is very proud of all the band students and their performance on national TV. Mr. Kubicki noted that experiences like this will help expand both the band program and music department and is looking into more opportunities like this for the band in the future!

Yoo Makes All State Orchestra

Congratulations to William Yoo (Grade 9) on being the first ever string instrument student from Northern Highlands to make All State Orchestra. William placed 4th in the state out of hundreds of students who auditioned on cello. The All State Concert will be held in the fall.



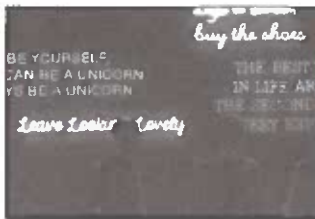
Feel Better Bags

Thank you to the Northern Highlands Leo Club members who worked to spread some cheer to patients at Good Samaritan Hospital in February by distributing "Feel Better Bags." These bags consisted of items such as lotion, eye masks, and lip balm to soothe those facing serious medical conditions.



Student Works Selected for the Morris Museum

Northern Highlands students, Rebecca Skier, Megan Christensen and Victoria Maung had their photographs selected for an exhibit at the Morris Museum. This is a great honor, as there were only 50 pieces selected from over 500 entries. The work will be on display at the Museum in Morristown, NJ from March through June.



Picture by
Victoria Maung ↑



Picture by
Megan Christensen ↑



Picture by
Rebecca Skier ←

Voices and Belles Win Mid-Atlantic Semi Final

The International Championship of High School A Cappella Mid-Atlantic Championship was held on March 23 at Northern Highlands. For the first time in school history, all 3 of Northern Highlands A Capella groups made it to this championship round. Congratulations to the Highlands Voices who finished first and will move on to the national finals in NYC on April 26, at The Town Hall Theatre. The Highlands Belles finished second and the Highlands Harmonics also competed and performed very well.



Highlands Belles



Highlands Voices

Girls Foil Team Wins States

Congratulations our Women's Foil Team, which placed 1st in State Squads on February 23:

(Left to Right) Coach Gaspar Lesznik, Haley Koo, Rachel Koo, Michelle Ling and Asiya Khalil



Ling Takes Second

Congratulations to Michelle Ling! Michelle placed second in Foil Individuals on January 6, 2019 at the Bergen County Girls Fencing Tournament!



Congratulations to the NH Coaches of the Year

Congratulations to 3 of Northern Highlands coaches who were named recipients of both state and national honors.

Rich Smith (pictured) was chosen as the New Jersey Girls Golf Coach of the Year AND was selected by the NFHS as their National Girls Golf Coach of the Year.



Jason Beswick who coached ice hockey and Kyle Ojakian who coached boys lacrosse were also recognized as NFHS NJ coaches of the year.


PE Adds Yoga

During the 2018/2019 school year, the Northern Highlands Wellness Department added Yoga to its curriculum. The course is combined with a Power Walking course as an offering during the 4th marking period for juniors and seniors. Yoga has become very popular through many age groups. The benefits of Yoga for teens can include helping balance the mind and body, increase strength and flexibility, increase awareness of the senses and overall body awareness, help cultivate a positive healthy body image, and reduce stress, anxiety, and depression. The Wellness Department hopes this will be a popular and positive addition to the curriculum which will aid our students with managing stress and anxiety throughout the school day.

Northern Highlands Girls Swimming Wins Fifth Straight Section Title

On February 15, 2019, Northern Highlands girls swimming team won its fifth straight state sectional championship. Congratulations to the entire team as they outswam Wayne Valley for the 101-69 win in the North 1, Group B final at Passaic Tech.





Northern Highlands HIGH SCHOOL

Watch Northern Highlands on the NFHS Network!
The NFHS Network is your home for LIVE Highlanders athletics.


NFHS Network Membership Benefits:

- Full access to ALL content on the Network:
 - All of your school's live sports broadcasts
 - Any other High school events broadcast across the country
- The ability to watch games online whenever and wherever you are with your smart phone, tablet, computer, and new Apple TV app.
- Friends and family members who can't make the game will never miss a play again!
- Varsity events in field hockey, soccer, football, lacrosse, along with volleyball, basketball and wrestling are being streamed live as well as archived for viewing at your convenience.

Annual Pass
\$75
for 12 months

What is the NFHS Network?

The NFHS Network gives high schools from across the country a platform to broadcast their events LIVE online so fans who can't be there in person never miss a play!



How to Watch:

Purchase your member code from the NFHS Network Store

Check the Platform by device and mail to:

Dear Member: 3000 Ave. Lakeside, #10100
Chicago, IL 60658

Go to: www.nfhsnetwork.com

STEM Club Wins Competition

In January, the STEM Club took part in Westwood High School's Medieval themed STEM Competition. The challenge? Design and construct a catapult that would vault the ball into two separate basketball hoops - one smaller in diameter and shorter in height, the other a standard basketball hoop - larger in diameter and taller.

The club was required to create two hand sketches of a proposed design, draft up the design in AutoCAD, construct a model prototype of a working catapult, produce an engineering document, give a 5-minute oral presentation, and finally test it.



Congratulations to the Northern Highlands STEM Club team of (Left to Right) Nicole Waletzki, Christina Georgiades, Peter Edelson, Jake Ravett and Dylan Fisherman who took home the first place prize!!!

So What is QSAC Anyway?

QSAC or Quality Single Accountability Continuum is the Department of Education's monitoring and district self-evaluation system for public school districts. The system focuses on monitoring and evaluating school districts in five key components that, based on research, have been identified to be key factors in effective school districts. These components are **Instruction & Program, Fiscal, Governance, Operations, and Personnel.**

The process of QSAC occurs in school districts between every 3 and 6 years, depending on the results of the previous monitoring process. On February 6, 2019, the Bergen County Department of Education, consisting of 5 members, spent the day at Northern Highlands reviewing our district's process and materials in the above mentioned 5 components.

As expected, Northern Highlands performed well on this monitoring process. Since the results are not available yet, they will be posted on the district website once we receive them.

If any individual is interested in learning more about the QSAC process and how it affects all public schools in NJ, they may take a look at the state website located at: <https://www.state.nj.us/education/genfo/qsac/>



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the highlands report

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