



2019-2020

Principal-Dawn Mead

Asst. Principal-Adam Barriere

November 2019

#PelhamProud

#everyday

Yearbooks are \$65, please purchase online at jostensyearbook.com

Please send photos for the yearbook to phsyearbook@pelhamsd.org



A message from the nurse:

Warning Signs of Diabetes

A COLLABORATION BETWEEN THE JORDAN BENNETT WEISS FUND AND THE CITY OF NEWTON HEALTH DEPARTMENT
JBW FUND – PO Box 590223 NEWTON MA 02459 – JBWfund@aol.com

Familiarize yourself with the warning signs / symptoms of diabetes. Sometimes the symptoms are very obvious, and other times they are not. **Early detection and knowledge** of the warning signs is your greatest weapon against the disease and its complications!*

TYPE 1 DIABETES MELLITUS: These symptoms may occur suddenly and must receive immediate medical attention.

- * Excessive thirst
- * Frequent urination, sometimes exhibited by return of bedwetting in previously trained children (urination in large quantities day and night)
- * Sudden vision changes
- * A sweet, fruity odor may be present in urine, on one's breath/body (caused by high amounts of ketones in the blood and/or urine)
- * Extreme hunger (increased appetite)
- * Rapid or unexplained weight loss
- * Fatigue (weak and tired)
- * Irritability and mood changes
- * Drowsiness, lethargy
- * Nausea and/or vomiting
- * Abdominal pain
- * Rapid, hard breathing (heavy, labored)
- * Confusion, Stupor, Unconsciousness

TYPE 2 DIABETES MELLITUS: These symptoms occur gradually, however, they must receive immediate medical attention.

- * Blurred vision
- * Tingling or numbness in the legs, feet or fingers
- * Frequent infections of the skin
- * Recurring skin, gum or urinary tract infections
- * Darker patches of skin usually in neck folds
- * Itching of skin and/or genitals
- * Drowsiness
- * Slow healing of cuts and bruises
- * Any of the symptoms listed under type 1 diabetes

***PLEASE NOTE: MANY OF THESE SYMPTOMS CAN BE RELATED TO ILLNESSES THAT ARE NOT ASSOCIATED WITH DIABETES, INCLUDING THE FLU. THERE SHOULD BE NO FEVER WITH DIABETES. THIS IS A CRITICAL FACTOR IN DIFFERENTIATING BETWEEN THE FLU! ALSO URINATING AT NIGHT OR WETTING THE BED IS A KEY SIGN THAT THIS COULD BE DIABETES. ONLY A HEALTHCARE PROFESSIONAL CAN PROVIDE APPROPRIATE DIAGNOSTIC TESTS AND TREATMENTS.**

For more information, log onto www.diabetes.org ,
www.jdrf.org , www.joslin.org or www.JBWfund.org



The AP Environmental Science class spent Monday morning, October 21 gathering demographic data from pre-1900 headstones at the Pelham Cemetery on Bridge Street. The students were asked to collect the birth and death years of residents of Pelham, and to calculate their age at death and whether they were male or female. The data is being used to prepare survivorship curves and to ask students to consider what pattern pre-1900 data corresponds to. APES students are also asked to obtain current demographic data on local citizens using recent obituaries found in contemporary newspapers. Students will be contrasting and comparing pre-1900 demographic data to post-2000 data and to address similarities and differences in patterns taking into account changes in lifestyle, access to health care, military service, and other societal factors that may affect lifespan. Ms. Michaud and Mr. Moore went along as advisors on the field trip.



THE NUTCRACKER

ADAPTED BY JUNE WALKER ROGERS



Pelham High School Theater Group Presents
The Nutcracker A Christmas Play
Dec. 13th at 7:00 pm & Dec. 14th at 2:00 pm - PHS Auditorium
(Santa will be stopping in for a visit after the show on Saturday
to visit w/kids in attendance, parents may take photos)
Tickets can be purchased on line at ShowTix4U.com & at the door
\$10.50 adults - \$ 8.50 students (5 & under free)



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PELHAM HIGH FALL SPORTS

PHS Sophomore Russell Hamel took home the D3 State Golf Championship at Beaver Meadow Golf Course in Concord. Russell shot a 1-under 71 to win the title.



The PHS Football Team finishes their regular season with a 7-2 overall record in D2 NH, their best finish ever in D2. Now the Pythons get ready to host their first playoff game in 6 years on Saturday, Nov. 9 on Harris Field.



The PHS Field Hockey Team again had a very strong regular season, finishing with an 11-3 overall record in D2. The Pythons earned a #5 seed in the playoffs, and travelled to #4 Souhegan to take on the Sabers in the Quarters.



Finally, Pelham High Athletics participated in NH Tackles Hunger this fall, and through the awesome efforts of PHS Students, Staff and the Pelham Community, we collected over 660 pounds of food for the Pelham Food Pantry.

Great job Python Nation.



Winter Sports are right around the corner. Please make sure you sign up your student/athlete on www.pelhamathletics.com for each sport. Below is a list of season start dates. All Game and Meet Schedules will be on the athletics site as soon as they are made. Most are up now.

Monday, November 18: Wrestling and Swimming start.

Monday, November 25: Girls Basketball and Gymnastics start.

Monday, December 2: Boys Basketball, Ice Hockey, Cheer and Indoor Track start.

Drama Club & Year Book Club held our first annual Kids Carnival and Spooky Trail on October 19th

It was a fun night with all ages from the community in attendance.

There were kid's games, face painting, and snacks as well as a Trick-or-Treat Trail for our younger ones. Once it became dark the trail turned into a Spooky Haunted Trail that was enjoyed by all ages.

You may even recognize (or not) some of PHS Staff and Teachers who joined in the fun.



Pelham High Craft Fair



November 9th, 9 - 3:30

At Pelham High School

**To Benefit the Students Going on the
London Trip this Spring.**

**Crafts include Etched Glassware,
Leather Goods, Dreamcatchers,
Paintings, and Other Amazing Art!**

Vendors Wanted!

Please Contact Jenn Taris at Jenntaris@hotmail.com

Get Published! Submit Your Creative Works to *Ethereal Patter*.

Attention PHS students: Do you write, draw, paint or create in any other way? *Ethereal Patter* needs to know! We are currently accepting submissions of original writing and art (anything that can be represented on a flat page) for possible inclusion in the 2020 edition of our PHS Magazine of the Arts, *Ethereal Patter*. All work needs to be submitted by the end of February. You will be notified if your work is selected for inclusion in *Ethereal Patter* and the magazine will be available for purchase before graduation in June. If you are interested in showing off your awesome work, email it to Ms. Nugent (jnugent@pelhamsd.org). Type "EP" in the subject line. Be sure to include a title and description of the work (e.g. fiction, oil pastel drawing, digital painting, etc.) in your email as well.



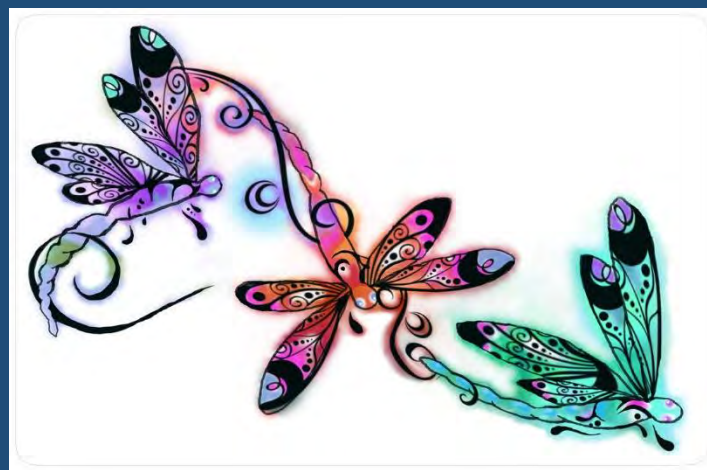
Science News

Pelham High School is taking part in a five-year Science Education Partnership Award (SEPA) grant program through Dartmouth College and the Mount Desert Island Biological Laboratory (MDI) titled “Data to Action” providing free well water testing. High School students were available to distribute free well water test kits during the elementary school parent conferences. U.N.H. scientist Florencia Fahnestock a geochemist is also partnering with Pelham High School in the project and was available the first night of parent conferences to answer any questions to parents. The well water was delivered and tested at Dartmouth with the results uploaded by MDI Lab. Homeowners will receive a letter outlining their water results and highlighting any metal that is above EPA limits.



Left to right are Florencia Fahnestock (U.N.H. partner scientist), Hannah Montminy, Joelle LeBlanc, and Maria Dagher. Numerous students including Emily Michaud, Nicole Paquette, and Makenna Sheehan, assisted during the elementary school conferences registering, and cataloguing the water vials.

A second project that Pelham High School is partnering with Dartmouth College is through a Toxic Metal Grant. Students performed field research collecting dragonfly larva, the larva was then sent to Dartmouth to analyze the levels of methylmercury that has bio-accumulated within the dragonflies. Dr. Kate Buckman from Dartmouth, spoke to students in September, reviewing the environmental causes of methylmercury and assisted students in developing research questions. Data collected from the dragonfly larva will be shared with students next month. Participating students will be invited to Dartmouth in January to share their results with scientists.



Vision Boards! Vision Boards! Vision Boards!

After spending some time working on SMART goals, students were tasked with creating a vision board of these goals and sharing it with the class. In Personal Financial Planning, students are shown ways to earn and save for not only their living expenses but their goals as well. Take a look at these creations!



Checking in on the Stock Market Just Became Easier with Technology!

Ms. Wagner, our PHS Instructional Coach, came by to share with Personal Financial Planning students how they can follow the stock market, and specifically their own stocks, on their cell phones. This will allow students to regularly check



on the progress of the stocks that they have bought for this ten-week stock market game. Groups of 3-4 students were given \$100,000 dollars to invest on the stock market. Before purchasing, students had to use ratio analysis and news articles to determine the viability of each company's stock.



FBLA Fall Leadership Conference a Success!

Future Business Leaders of America student members attended the Fall Leadership Conference, which was held at Camp Carpenter in Manchester, on Wednesday, October 23. Nearly 500 other student members of FBLA attended. There were workshops and a motivational workshop on leadership.

