

MASC 2020

Top Ten Project Awards

1. Apponequet Regional High School
2. Assabet Valley Regional Technical High School
3. Duxbury High School
4. Minnechaug Regional High School
5. Oakmont Regional High School
6. Plymouth North High School
7. Shepherd Hill Regional High School
8. Tantasqua Regional High School
9. Westborough High School
10. Winthrop High School

Form Name: Top Ten Projects Award
Submission Time: December 11, 2019 10:48 am
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Unique ID: 563399598
Location: 42.524398803711, -71.765701293945

Top Ten Project Award Nomination

School Assabet Valley Regional Technical High School

School Address 215 Fitchburg Street
Marlborough, MA 01752

Advisor Name Emily McCarthy

Advisor Email Emccarthy@assabet.org

Principal Name Mark Hollick

Principal Email MHollick@assabet.org

NAME OF PROJECT Let's Make a Difference Week

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY. Assabet Valley Regional Technical High School is a vocational high school located in Marlborough Ma. The student population is around 1200 students who come from seven direct sending towns. We also have students who come from a handful of towns outside of the sending districts as well for specific technical educations. Our student population is very diverse and there is a very clear sense of community.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)? The purpose of Let's Make a Difference Week is to involve the student body in community service work in a way that's both easy and fun for them. At the same time, we are looking to harness the giving spirit of the holidays and give as much as we possibly can to as many charities as we possibly can. We create projects for each charity that both provide them with items they need at the time, and items that will make them smile despite the many hardships in their life. By doing this, we simultaneously tap into the desire of our students to make a difference and touch the hearts of those who we are helping. At the end of the day, our biggest objective is to see the hundreds of smiles sparked by our efforts, and perhaps spark a passion for community service work in the process.

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF THE ACTIVITIES OF
THE PROJECT**

Let's Make A Difference Week is a combination of a traditional spirit week and various community service acts. On Monday, the theme will be "America Day" and students will dress in red, white and blue. At lunch, we will have a table for students to decorate Christmas cards for veterans, which we will then drop off to the New England Center and Home for Veterans in Boston. Our goal is to create 40 cards. On Tuesday, students will dress up as their favorite holiday as the theme is "Holiday Day", and at lunch, they will create little snowmen out of electric tea lights in order to donate to the children at Boston Children's Hospital, with a goal of 30-40. Wednesday will be Christmas Character Day as students dress up as their favorite Christmas character, whether it be Santa, an elf, a reindeer, or even the grinch. We will also have a craft table set up at lunch so that students can make DIY dog beds and toys for the dogs at Buddy Dog. We expect to make about 30-40 dog toys and 10 dog beds. On Thursday, we will be having a pajama day and students will create 35 homemade ornaments, one for each of the residents at Hearthstone Alzheimer's Care. Finally, on Friday, the theme will be ugly Christmas sweaters. Students will decorate paper gift bags with holiday wishes for the women at Rosie's Place in Boston. We will be having a drive along with Avidia Bank throughout the week for winter socks, hats, and mittens, which we will then use to create winter kits that will go inside these bags. The following Saturday will consist of joining Avidia Bank employees at their community room to assemble the bags, pack up the rest of our donations, and begin delivering the donations to charities, which we will finish on the following Monday.

**PLEASE PROVIDE A BRIEF
EXPLANATION OF INVOLVEMENT (IF
APPLICABLE) 1) Student Council
Members 2) Other Students 3) Faculty
4) Community**

Our project encompasses virtually every aspect of both the school and the outside community. The student council members are involved in planning the event, reaching out to charities, gathering supplies, preparing and packing the donations, and delivering the packages. The student body participates hands-on as they engage in lunch events every day to physically put together the items and participate in the drive by bringing in donations. Faculty members at the school bring in additional donations and some even participate in the lunch events as well. Local businesses also aid us in this project, as Avidia Bank has provided many donations through their drive for socks, hats, and mittens, as well as reserving their community room for us to work in, ordering pizza for us for lunch as we assemble care packages, and bringing employee volunteers to help us package donations. However, those who are the most involved are the generous charities who allow us to enter their facilities to drop off donations and meet some of the people who we are donating to.

**Please upload an evaluation of the
project by a teacher, administrator, or
other school staff member, other than
the student council advisor.**

https://s3.amazonaws.com/files.formstack.com/uploads/2201566/37973389/563399598/37973389_lets_make_a_difference_week.docx

Form Name: Top Ten Projects Award
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Unique ID: 563997851
Location: 39.623699188232, -104.87380218506

Top Ten Project Award Nomination

School Tantasqua Regional High School

School Address 319 Brookfied Rd.
Fiskdale, MA 01518

Advisor Name Jessie LaValle

Advisor Email lavallej@tantasqua.org

Principal Name Michael Lucas

Principal Email lucasm@tantasqua.org

NAME OF PROJECT Comfort Kits

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY.

Tantasqua and the Union 61 school district is a loving and kind community where we work our hardest to be successful in all aspects. We have compassionate hearts for learning, sports, student government, and a thirst for righteousness and justice. We hope that everyone is able to have the best possible experience in and out of the classroom with no exceptions.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)?

Unfortunately enough, there are many times in a year when students a part of our school community, as well as many other schools, suffer great loss in their life. Whether it is a parent, guardian, sibling or someone who had a significant direct impact on their life at home, we came up with something special to give those students as they are suffering a tragedy. When necessary, students receive a fleece blanket and cards full of our deepest condolences. It is our way of letting the students know that they have many people who are there for them and who care. Each fleece blanket, as well as every single one of the cards, given out are handmade by a student. The cards are kept very general so that they can be used in any situation. With this project, our end goal was to provide a support system full of 200+ people for the one student who needs it at the time. We want to let them know that they have other students and teachers thinking of them as they heal from the loss or tragedy that has occurred in their life.

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF THE ACTIVITIES OF
THE PROJECT**

Our advisor, Ms. LaValle, goes to JoAnnes fabric store and buys enough fleece fabric to make about 8-10 blankets for the Comfort Kits. This year, we put together the fleece blankets at the Warrior Day of Service where our student council members came and participated in service projects for the community. Here, students cut slits in the fleece layers and then tied them together creating a large, cozy blanket to be apart of the Comfort Kits. Student council members also made cards expressing that student council will always have their back if needed. Each card was kept general topic so that they can be given out to any student under many different circumstances. Each student's identity is also kept under wraps to give the student suffering time to heal. When the kits are complete, they are given to the school counseling office to be kept in their offices so they are ready and on hand when they are needed. We tend to make a lot of these kits in hopes that we make more than what is needed, however sometime, they run out and throughout the year we have students make more to replenish the supply.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

1) Student Council Members: At our annual Warrior Day of Service, student council members are tasked with creating fleece blankets for these Comfort Kits. They are provided with the supplies like the fleece and scissors, but from there they completely take it over. They are the ones who go around the edge of the fleece and make each individual cut to then be tied to the other piece of fleece. When the blankets are completed, student council members create handmade cards with paper, posters and markers. Each one has a unique saying expressing our sincerest condolences. We provide 8-10 Comfort Kits to the school counseling office to be kept down there until needed, however, last year, they ran out of the kits because of how many times they were needed in. In that case, it was up to our student council members to volunteer to make a new set of fleece blankets and cards when the counselors ran out.

2) Other Students: This project does not concern the entire school, however, the Comfort Kits are given to students who suffer a tragedy in their life. These Comfort Kits are used to give support and ease the feelings that the student may be going through.

3) Faculty:

The staff in the school counseling office are the only faculty members who have access to these Comfort Kits as they are the ones who will hear about who may need them. Their job is to identify a student in our school who is going through something where a Comfort Kit could be beneficial for a student to receive one.

4) Community

This project does not have anything to do with the community outside of school, however we feel as though it has strengthened the community within our school. It has formed a big web of people all intertwined with one another to have each other's backs even if we don't know the identity of the person who has gone through a bad time in their life.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Form Name: Top Ten Projects Award
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IP Address: 173.48.192.95
Unique ID: 564046935
Location: 42.265800476074, -71.610496520996

Top Ten Project Award Nomination

School Westborough High School

School Address 90 W Main Street
Westborough, MA 01581

Advisor Name Joseph Teevens

Advisor Email teevensj@westboroughk12.org

Principal Name Brian Callaghan

Principal Email callaghanb@westboroughk12.org

NAME OF PROJECT Mental Health Week

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF SCHOOL AND
COMMUNITY.**

Westborough High School is located in the town of Westborough, Massachusetts. Westborough is a small, tight-knit community with a total population of approximately 18,000 residents. Westborough High School is a public school that provides education to 1,100 students in grades nine through twelve, with about 155 faculty members. The Westborough High School Student Council has 79 members dedicated to making a positive impact on the school and community. However, due to the extreme academic, social, and extracurricular rigor of the Westborough Public Schools, stress and mental health issues are serious problems that plague the community. Unfortunately, despite recent efforts by Westborough High School faculty members to raise awareness about mental health, the majority of students still remain unaware of the easily accessible ways to help them effectively manage their stress.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)?

Mental Health Week had two main goals: to raise awareness about mental health problems in our community, and to combat mental health issues that have a significant impact in Westborough, specifically those related to stress. Beginning at the end of the 2018-2019 school year, members of the Westborough High School Student Council noticed the extreme level of stress and the rapid increase in mental health issues in our community. In order to start the conversation surrounding the stigma of mental health and begin to take action, we spent the summer and fall planning a community-wide week dedicated to promoting mental health awareness, sharing techniques for combating stress, and raising money to support mental health awareness organizations. As a council, we wanted to use this event to spread love, kindness, and positivity throughout our school and town community. To reach all populations of the Westborough community, our council worked with a multitude of different organizations to help craft activities that met the needs of individual populations. Thus, Mental Health Week, which took place from Monday, November 18, 2019 - Friday, November 22, 2019, was a multi-component project developed to help spread mental health awareness and teach a variety of strategies to combat the overlooked and growing mental health problems in our community.

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF THE ACTIVITIES OF
THE PROJECT**

Mental Health Week was held from November 18 to November 22, and consisted of multiple components that impacted the entire Westborough community through the use of a variety of activities to capture the attention of different populations. One aspect of the project was having members of Student Council visit the Extended Day Program at Hastings Elementary School and Armstrong Elementary School to promote positivity and self-esteem. More specifically, Student Council members read the book "I Like Myself" by Karen Beaumont to the elementary school students. Our council also led an activity with the elementary school students that involved each student developing three characteristics about themselves that they liked, writing each characteristic on a notecard, and then placing each characteristic into a paper bag to look at in the future.

Another aspect included our high school council members going to Gibbons Middle School to work with their own student council to make positivity rocks. This was an initiative involving painting rocks all different colors with words of inspiration and then placing them around our community as a method of spreading positivity.

The biggest focus of our project was at the high school. Each day we had an event going on and the week's events culminated on Friday with the biggest part of the project, the mental health stations. On Monday, November 18, positivity posters were hung around the whole school. On Tuesday, donuts were sold in the lobby and upper parking lot entrance in the morning to students and a total of \$80 was raised to benefit the American Foundation for Suicide Prevention (AFSP). On Wednesday, Student Council hosted a Mario Kart tournament in the gymnasium after school for students. Our council recognized that even within the population of high school students, there are groups of kids that the majority of our events do not reach. As a result, we created a Mario Kart Tournament as part of Mental Health Week to involve a new student population in promoting mental health awareness. This tournament consisted of Student Council members leading approximately 30 students after school in a Mario Kart, bracket-style tournament. As expected, many of these students reported a lack of interest in traditional Student Council events, but were thrilled to have the opportunity to relax and de-stress after school and were glad that something that they were interested in was included as part of Mental Health Week. The \$70 in proceeds made from the tournament also benefited AFSP, which meant a total donation of \$150 to help save lives and give hope to those affected by suicide. Also, on Thursday, November 21, teachers from the Center for Student Success and guidance counselors handed out hot chocolate and tea during our school's ten-minute mid-morning break.

The week's events ended on Friday, November 22 when students wore green to support mental health awareness, and the last 30 minutes of the school day were used for students to attend mental health stations that promoted positive mental health and de-stressing techniques. Faculty members signed up to lead stations and each student attended one station

that they expressed interest in via a Google Form. Student Council members organized where students and faculty would be going to ensure that the entire school was participating in Mental Health Friday, and was responsible for delivering instructions and materials to all of the teachers. A total of 24 stations were offered to students; some of the most popular ones included Therapy Animals, Brush Painting, Nature Walk, Coloring, Nutrition & Hydration, Make Your Own Calm Bottles, Cathartic Impact, Knitting, Dance Therapy, Quiet Reading, Yoga, Progressive Muscle Relaxation, Make Your Own Silly Putty, and Music Therapy. Overall, the stations were definitely the highlight of the week and received positive reviews from both students and staff.

More generally, Mental Health Week consisted of a few week-long aspects that served as a mental health awareness campaign in addition to simply promoting and raising awareness about mental health. Student Council's bulletin board was transformed into a Relaxation Station for the week, which included free coloring pages available and lots of positive messages arrayed over the board. Also, Student Council worked with Teen Advisory Board to unveil the Stress Less Space in the school library, which is a place for students to utilize to lie down, relax, read, or color. Over the past few weeks, the room has transformed into a haven for students who are overworked with studying and homework, and need a place to de-stress. Student Council also collaborated with Teen Advisory Board to make a banner that said "I am Sigma Free" that the whole school had the opportunity to sign at lunch to pledge their help to spread awareness about mental health. In addition, Student Council members posted on Instagram and Facebook throughout the week to raise mental health awareness and spread positivity, and used chalk to put similar messages in the school parking lot. This week-long event was extremely important in finally giving students a real opportunity to recognize and confront the mental health issues that plague Westborough High School on a daily basis.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

1). The members of the Westborough High School Student Council helped to spread awareness about mental health issues by advertising on social media, helping to turn the Student Council bulletin board into a Relaxation Station, creating and hanging posters with positive messages and by creating and hanging a Mental Health Week banner. Also, Student Council members contributed to the activities that took place during Mental Health Week by selling donuts to benefit AFSP, selling Mario Kart Tournament tickets at lunch, working at the Mario Kart Tournament, going to other schools in the district to lead mental health-related activities with younger students, and most importantly, by planning, organizing and distributing materials for the stations.

2). Other students participated in Mental Health Week by attending the Mario Kart Tournament, pledging to help spread awareness about mental health issues, purchasing donuts to benefit AFSP, wearing green on Friday to support those struggling with mental health, and simply by participating in all of the relaxation activities available to them throughout the week. Also, all of the students were involved in Mental Health Week because the last thirty minutes of Friday's school day was dedicated to the mental health stations. Furthermore, Student Council collaborated with a number of students on Teen Advisory Board to help plan some of the activities.

3). Westborough High School faculty participated in Mental Health Week by leading stations for the students. Many teachers were excited about the opportunity to help students relax, and some even developed their own stations, such as the engineering teachers' Cathartic Impact station, the anatomy teacher's Tea Time station, and the physical education teacher's Progressive Muscle Relaxation station. Other teachers took it upon themselves to make their stations as relaxing and effective as possible. We even had one teacher bring their certified therapy dog in to help her students relax! In addition, some teachers helped contribute to Mental Health Week by serving tea and hot chocolate during break on Thursday. Also, we collaborated with teachers in the Center for Student Success and school psychologists to plan the stations to ensure that they would be effective. Guidance counselors also set up an informational table for students in the lobby on Mental Health Friday. Finally, Student Council worked with the school administration to allow the last 30 minutes of Mental Health Friday's school day to be used for the stations, and also to communicate information about the events to all of the students.

4). The involvement of the greater Westborough community in Mental Health Week consisted of elementary school Extended Day Program students participating in the aforementioned self-esteem boosting activities and middle school students working with Student Council to create the positivity rocks. Moreover, parents of students throughout Westborough Public Schools heard about and supported the events throughout the week. Lastly, the Westborough community was involved in Mental Health Week by learning about the detrimental effects of stress and ways to combat these effects through the social media campaign, and then by sharing this

information with friends and family.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Form Name: Top Ten Projects Award
Submission Time: December 13, 2019 8:04 am
Browser: Chrome 78.0.3904.108 / Windows
IP Address: 50.226.172.10
Unique ID: 564123518
Location: 40.650001525879, -112.01499938965

Top Ten Project Award Nomination

School Plymouth North High School

School Address 41 Obery Street
Plymouth, MA 02360

Advisor Name Evan Ward

Advisor Email eparis@plymouth.k12.ma.us

Principal Name Peter Parcellin

Principal Email pparcellin@plymouth.k12.ma.us

NAME OF PROJECT Hometown Handmade Craft Fair

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF SCHOOL AND
COMMUNITY.**

With a school of 1,289 students in a town of 58,271 people, the town is full of opportunities for the school community and community to connect. Many of these connections are made through music and art. "Coffee House" is an event run at local businesses that showcases local musicians of any age and is open for members of the community to come and enjoy the local talent. The Empty Bowls Workshop is a project that helps feed homeless in the community while bringing people together to share a meal and appreciate pottery created by our students. Artwork is visible throughout out town in the form of murals, statues, and fiberglass lobsters and clam shells individually painted by local arts that makeup the "lobster crawl" and "clam roll" around town. With the 400th year anniversary of Plymouth upon us, the town has worked with several students in the planning of the 2020 celebrations. Plymouth is a community with a large sense of pride in our culture, history, and community traditions.

**WHAT IS THE PURPOSE AND
OBJECTIVES OF THE PROJECT (WHAT
WERE YOU TRYING TO ACCOMPLISH)?**

Our group wanted to create a fundraiser that would not only allow us opportunities for leadership experiences but also form and build connections with the community. An Assistant Principal at Plymouth North makes crafts and sells them at local fairs. Following a conversation with her, the group decided this was exactly the type of fundraiser we had been searching for. With a Craft Fair we would be able to help promote local crafters as well as a movement to "shop local" during the holiday season and beyond.

This was not your typical fundraiser and was an avenue for artists in the community to display their work as well as a way for our students to form connections with the community.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT

The first step in running a Craft Fair is to find crafters to purchase booths at the fair. This was done through social media, word of mouth as well as visiting other fairs and speaking with crafters. The next step was to create and design a floor plan for the gymnasium to decide how many tables could fit and figure out a flow plan that would work well for shoppers. We decided on 105 booths spaced throughout the gymnasium. We filled our vendor spots a month leading up to the fair date and had to make contact with all of the crafters to keep them informed of the setup and breakdown process as well as answer the many questions that arise from each individual crafter. The group decided that it wanted to include some live music during the fair and reach out to many school groups to see if they would perform. Unfortunately only one school group was able to perform but we also reached out to two alumni of Plymouth North to see if they would come and perform during our fair.

The next and most important step in running our fair was to promote our event to ensure that members of the community were aware and interested in attending our event. This was done through social media, networking with local businesses, hanging flyers, posting signs and through word of mouth.

Lastly was setup and running the actual fair. About 40 members of Student Council helped with this and it was the most well received aspect of the fair.

Our Council setup the space the night before to ensure easy setup for each crafter and then physically helped the vendors unload their cars with all of their crafts. During the fair the students walked around interacting with community members, assisting vendors and ensuring that everything was running smoothly.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

1) Student council members came for the set up of the craft fair and assisting vendors to organize their booth. As well as organizing the event as a whole. 2) Other students volunteered to help at the event and the students were delegated different tasks to help out. A few student groups had booths at the fair to sell their merchandise. A trio of string players attended the fair to perform for an hour. Many students attended the fair to shop with family members. 3) Faculty was very helpful in accommodating this event. A few of our teachers were vendors. Custodians helped with the setup and breakdown of the fair. Secretarial staff played an imperative role in ensure the space was booked for our event and helped to promote the event of school media outlets. Many faculty were in attendance to shop at the event. 4) The community was heavily involved as they attended to shop and also had their own booths for the people of the community. Additionally, many local businesses donated gift cards to our raffle.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Unique ID:	564168220
Location:	42.111198425293, -70.712699890137

Top Ten Project Award Nomination

School	Duxbury High School
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School Address	71 Alden St Duxbury, MA 02332-3878
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Advisor Name	Elizabeth Walsh
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Advisor Email	ewalsh@duxbury.k12.ma.us
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Principal Name	James Donovan
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Principal Email	JDonovan@duxbury.k12.ma.us
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NAME OF PROJECT	B.A.L.A.N.C.E. Initiative
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**PLEASE PROVIDE A BRIEF
DESCRIPTION OF SCHOOL AND
COMMUNITY.**

Duxbury is a beautiful and quaint coastal town located on the South Shore. The school provides a plethora of academic, athletic, and co-curricular opportunities that students take advantage of to succeed. Everyday at Duxbury High School, students are challenged to think beyond the learnt information and connect these lessons with the 21st century world. The community is filled with delightful intellectuals who have a strong desire to see the public education continue to thrive. Various committees such as School Council and School Committee regularly honor student achievements and value the opinions of students on school matters. As students of Duxbury High, we recognize that we are fortunate to have such a strong support network that motivates us to do our best. The school and community work in tandem, as each supports each other and many individuals at the high school are involved in community service projects and are involved with the community while keeping up with a busy school schedule. These positive environments strengthen students' ability to overcome hardships as they step out of their comfort zones to challenge themselves in every way possible.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)?

The entire concept of this Initiative stems from the original "Breathe Out Week" that Duxbury High Student Council implemented in the past. The goal of this week was to "de-stress" students and allow them to enjoy a positive and inviting school climate. As each day was themed (i.e. Tranquil Thursday), the student council would sponsor various activities throughout the day that make the school day enjoyable and encourage the necessity of maintaining a healthy mental state. Recognizing that this mission was too powerful and important to fit into one week, the DHS Student Council decided to span this over the entire year with the acronym - "BALANCE". The B stands for Be Involved (in October), A for Appreciation (November), L for Laughter (December), A for Attitude (January), N for Namaste (March), C for Community (April), and E for Energy (May). As each day embodies a different principle, the overall goal changed to encouraging an exciting, conscious, and supportive environment. By making this a year long task, DHS Stuco had a different objective each month to improve the school and community. The Initiative's goal centers on the genuine desire to make the school a better place for all of those involved in helping the school run.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT

The Duxbury High Student Council has executed two days of the Initiative (October and November). For the Be Involved, Student Council reached out to the other clubs in the school in order to organize a Club Fair. This Club Fair was before school and allowed many students to check out the various ways that they can get involved in the school's many activities. Additionally, this day involved a lot of encouragement and "hype" behind the annual Spirit Week that was being held the following week. Polls were held on Twitter where students got the opportunity to vote for and choose which songs they would like to hear in the hallways that day. During the school day, there was also a Community Fair that gave students the opportunity to be involved with and sign up to volunteer for town organizations such as the Duxbury Senior Center and Animal Shelter. In November, going along with the Thanksgiving Holiday, Appreciation Day gave students and faculty many ways that they could show their appreciation for other members of DHS or the community. For example, in the morning, the Duxbury High Student Council monitored the writing on various banners that asked questions such as, "Who/What are you thankful for at DHS?" or "What's your favorite part about DHS?" Throughout the day, students and staff were given the chance to fill out a google form to write a message to a fellow Duxbury Dragon in order to express their gratitude. As donuts and coffee were handed out to crossing guards and bus drivers, Duxbury High School was filled with Appreciation. Although the other days have not happened yet, the Student Council has been actively brainstorming the other ways in which we can implement these important principles into the school. For example, in April (Community) we are looking to facilitate opportunities where students could volunteer for local organizations.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

Each part of the B.A.L.A.N.C.E. Initiative allows for the incorporation of every aspect of the Duxbury community. In the Be Involved day in October, all students (not just student council members were involved) as Student Council organized an effective way for all students to share in the wealth of other clubs and participate in many co-curriculars. For the Appreciation Day in November, all students and faculty of DHS expressed their gratitude for each other through heartfelt messages and treats! Finally, the inclusion of the Community is important as we have an entire day dedicated to it. Although we have not executed this day yet, the Student Council looks forward to getting involved with the community and forming bonds between DHS and other residents of Duxbury. Overall, the B.A.L.A.N.C.E. Initiative allows for the unification of students with both teachers and the community as each day offers opportunities to get to know each other and provide services for each other. This Initiative makes all parts of the Duxbury community feel included as the fundamental goals and principles are spread throughout Duxbury.

The School Wellness Advisory Council (SWAC), a district-wide committee chaired by the Assistant Superintendent Danielle Klingaman, recognized the B.A.L.A.N.C.E. initiative as a key program that aligns with the pillars of the Duxbury Public Schools Strategic Plan specifically, Social and Emotional Well-Being. SWAC has adopted the B.A.L.A.N.C.E. initiative to be the model for the remaining schools in the district. As such, our high school student council members will be mentoring student council students from the middle school as they develop their own version of the program. In the upcoming months, the middle school will be rolling out C.A.L.M. (Community, Appreciation, Laughter, Meditation) with the guidance and support of our student council.

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IP Address:	71.11.0.2
Unique ID:	564252603
Location:	37.750999450684, -97.821998596191

Top Ten Project Award Nomination

School	Minnechaug Regional High School
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School Address	621 Main Street Wilbraham , MA 01095
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Advisor Name	Heidi Drawec
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Advisor Email	hdrawec@hwrdsd.org
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Principal Name	Stephen Hale
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Principal Email	shale@hwrdsd.org
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NAME OF PROJECT	Mini Chaug
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**PLEASE PROVIDE A BRIEF
DESCRIPTION OF SCHOOL AND
COMMUNITY.**

Minnechaug Regional High School is home to roughly 1,200 students and over 100 faculty members from the towns of Wilbraham, Hampden, and other surrounding towns in Western Massachusetts. Our students excel not only academically, but musically, socially, and athletically. Our athletic and music departments take home championship prizes in their respective competitions every year. The faculty and administration at Minnechaug do their very best to ensure that every student at Minnechaug is involved in some sort of co-curricular activity. We have over 50 clubs on our campus that cater to every interest from community service, to video-gaming, to dogs and more. A few years ago, our Athletic Director coined the phrase "We Are Chaug." This phrase was meant to be a chant at sporting events, but over the years has become a core value within our community. This rallying cry embodies that fact that every student has a home and family at Minnechaug.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)?

"Mini-Chaug" is a play on words from our school name and the fact that the event caters to children. Mini-Chaug nights were created with help from our principal with the intent to bring together future Minnechaug students from a young age. Due to Minnechaug being a regional school, students often enter as freshmen not knowing a large population of their class, and stick to their pre-established friend groups rather than venturing out and meeting new people. As a way to prevent this from happening in the future, our council created Mini-Chaug nights. Once a month, the student council invites elementary aged students from Wilbraham and Hampden to our school from 6-7 P.M. Minnechaug Student Council allows these students to play games and make crafts with their classmates. This event also gives them the opportunity to meet other students from different classrooms and towns and become familiar with one another. The ultimate goal is that when they enter Minnechaug as freshmen, the class is already a family. Each night invites one elementary class, from kindergarten to fifth grade to Minnechaug. Parents are welcome to stay or drop off their children, but we provide a parent area with refreshments. This gives parents the opportunity to network with one another for the sake of their children.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT

Mini-Chaug nights occur once every month, depending on the district schedule. Each night follows a similar schedule of crafts, games, pictures, and bonding with Minnechaug students. The Student Council invites student athletes, other clubs, and musicians to speak to their experiences with different activities offered at the high school level. The night begins in our school cafeteria where stations with crafts and coloring pages are set up, with Minnechaug students at each station to befriend and help the children make the craft. The children are encouraged to attempt each craft, but are allowed to make the night their own. The ideas for which crafts we offer come from the creativity of our council, and are usually correlated with that month's events or holiday (i.e. October had pumpkins and ghosts, November had turkeys and autumn trees). After about half an hour with the crafts, we move to the gym. We play games, answer questions, and debrief the night. These games include Fishy Fishy Cross My Ocean, Freeze Dance, and Duck Duck Goose. Following games, we debrief the night with the children, asking questions about their experience, such as what their favorite part was, if they made a new friend, and so on. At this time, we bring out graduation gowns and encourage parents to take pictures of their children wearing the gowns for keepsakes. The intent of this is that parents have a photo of their child in a cap and gown every year until their graduation ceremony as seniors, highlighting their growth.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

All Minnechaug students are welcome to volunteer at our monthly Mini-Chaug nights, but our volunteers usually consist of student council members, student athletes, and students involved with our music program. These students do a great job at representing the diversity of our school population as well as offer insight to the younger students about things such as what sports and music is like at a highschool level. Our student volunteers are assigned stations throughout the night to help the children assemble their crafts and to offer company to the children for the duration of the night. The student volunteers are also encouraged to play the games alongside the children, and to sit with them during the debrief, hopefully serving as a role model and new friend to the children. This event is very much so a community one, without the involvement of our elementary school parents and children, Mini-Chaug nights would not be possible. The entire night is catered towards the enjoyment of our elementary community, and is meant to strengthen the relationships of each coming class at a young age. We advertise for these Mini-Chaug nights by sending out flyers to the elementary schools for children to bring home to their parents their take home folders.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Form Name: Top Ten Projects Award
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Unique ID: 564275102
Location: 42.654098510742, -71.921997070312

Top Ten Project Award Nomination

School Oakmont Regional High School

School Address 9 OAKMONT DR
ASHBURNHAM, MA 01430-1670

Advisor Name Dan Dufour

Advisor Email ddufour@awrsd.org

Principal Name David Uminski

Principal Email duminski@awrsd.org

NAME OF PROJECT Thanksgiving Unified Pep Rally

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY. Oakmont Regional High School is a small district with around 700 kids, in the rural towns of Ashburnham and Westminster. The community is tighter than most urban areas, and a majority of our students are supporting and get along together. The school makes great efforts to creating school-wide unity and inclusion for students of all races, genders, sexuality, and abilities.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)? The purpose of our Inclusion Pep Rally was multifaceted. Primarily, we sought to facilitate an atmosphere of inclusion within our school and community by demonstrating the athletic ability of our Unified athletes. Just as important to us was to make our unified athletes feel like the stars they so consistently are, and allow them to bask in the glory of the school cheering them on throughout the game. Included in this celebration of our Unified athletes was the presentation of the National Unified Champion banner given by a representative from the Special Olympics. Beyond that, by inviting local newspapers, we sought so show our community what inclusion can be, and how inclusive Oakmont truly is. As stated in the title, inclusion was our primary motive.

**PLEASE PROVIDE A BRIEF
DESCRIPTION OF THE ACTIVITIES OF
THE PROJECT**

Our Inclusion Pep Rally started with a parade of athletes. With the entire student body surrounding the gym, our two emcees led on a parade of unified track, unified basketball, unified bocce athletes, cheerleaders, and football players. In the front, the presidents of our Friends Club held a banner detailing Oakmont as a National Champion of Special Olympics. Once planted at the center of the gym, two representatives from the Special Olympics delivered a speech detailing the importance of inclusion and the Special Olympics, and why our school was receiving recognition. Once the students dispersed, the emcees read off the roster of Unified Athletes, and we played a ten minute Unified Basketball Game in the gym. Once the game was completed, our emcees introduced the football team, who would be playing in the Thanksgiving Football Game the next day. Instead of the traditional game winning play, we had our athletes compete against each other in a relay called Rock, Tree, Bridge, in which our athletes would have to race across the gym jumping over the rock, around the tree, and under the bridge to reach the other side. Finally, we invited our French teacher to the center of the gymnasium and recognized her new status as an official American citizen, having just taken the citizenship test within the month. To complete the rally, the captain of the football team invited the entire school to the center of the gym, and led them in a full-school chant to complete the day. Prizes from the full-school Turkey Bingo event earlier in the day were given out at dismissal.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

Student Council Members planned the rally, emceed, and decorated the gym. Our Pep Rally Committee was primarily responsible for the organization of the rally and the delegation of duties to the rest of the council, but everyone signed up for jobs on a google doc the night before so we were well organized during the rally. Some jobs included throwing candy and shirts to students, setting and striking tools props for the rally games, and coordinating the order of the parade.

Other Students were heavily involved in this event as well. Obviously, members of the Unified Basketball, football, and cheer leading team were most utilized in the parade and games throughout the rally as well. However other students were involved in the coordination of the rally as well. Students from the Audio Visual Club set up speakers and microphones and operated equipment during the rally. Students from the National Art Honors Society set up face painting in the hallway during the day to paint our school colors, green and white, on students to get them excited for the rally. Finally, members of the Oakmont Friends Club stayed after school one day before the rally to decorated signs baring chants of the names of each of the athletes. For example one of the signs might read "Nothing but net, Kyle", or "You've got this Maddy".

Faculty members were complicit in school spirit as well. A week before, we asked all faculty to dress in as much green and white as they could and almost everyone did! Our administrators also helped to remind our student body frequently to wear spirited clothing throughout the week on special announcements over the loud speaker. With less direct impact, the faculty aided the students by promoting spirit and celebration!

Community members were very helpful in promoting the event. We invited two local newspapers to cover the event. With their help, we were able to spread the word of Oakmont's national banner recognition, and spread the spirit of Oakmont throughout the community. It was very gratifying for the council member to see recognition of their event reposted on social media platforms the next day, and nice for Oakmont alumni and current students to be recognized for their strides of inclusion.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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IP Address: 66.189.1.228
Unique ID: 564327302
Location: 42.131801605225, -71.973098754883

Top Ten Project Award Nomination

School Shepherd Hill Regional High School

School Address 68 Dudley-Oxford Rd
Dudley, MA 01571

Advisor Name Raymond Kane

Advisor Email rkane@dcrsd.org

Principal Name William Chaplin

Principal Email wchaplin@dcrsd.org

NAME OF PROJECT First Annual Thanksgiving Community Dinner

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY.

Shepherd Hill Regional High School is a regional school comprised of Dudley and Charlton, MA. We are a school of fewer than 1000 students locally but nearly 300 students school choice here from neighboring districts. In total, our student body is just under 1300. The two communities are small, middle-class, suburban communities on the northeastern border of CT. We are ranked as an above-average school with students attending many of the highest ranked universities in the United States. The school supplies a comprehensive academic program with many co-curricular activities that enhance the experience.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)?

Our First Annual Thanksgiving Community dinner was created to reach out to those on the margins (senior citizens, low-income families, anyone in need of a hot meal), however we wanted to reduce as much stigma as necessary so we called it a community dinner and invited all who desired to attend. We reached out to food pantries, senior centers, social service organizations and nearly 70 churches in the five local towns (Dudley, Charlton, Oxford, Webster, and Southbridge). In addition, the dinner was announced by several newspapers and the local Webster radio station.

In addition, we worked with local farmers to use locally grown produce in our menu. Farmer Tim's of Charlton helped a great deal with sweet potatoes and butternut squash and Holiday with Heart helped with potatoes and . In addition, we sought donations of pies from the staff and district of Shepherd Hill. The Mason Rd. Elementary School collected over 15 pies, high school staff baked, and the Charlton Middle School Student Council made 15 as a project. In total, we ended up with 45 beautifully made pies.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT

After all of the preparation, the elementary school art teachers had their students make hand turkey centerpieces for all of the tables that helped to decorate the cafeteria. We set up the cafeteria for 250 people and created a restaurant-like atmosphere where students served the guests. We had greeters at the door keeping track of numbers and guests were served a full Thanksgiving meal (Turkey, homemade gravy, mashed potatoes, sweet potatoes, carrots, green beans, stuffing, butternut squash,cranberry sauce and rolls/butter). Drinks and Coffee were provided and a plethora of pies. All of these items were supplied free of charge in an atmosphere of wonderful positivity welcoming people of all walks of life. Teachers came, elders came, those in need came, football players from their practice came and students practicing in a variety of activities came. It was truly a community event that provided true solidarity among everyone. We served 130 people and made 187 dinners (including take out/delivery).

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

50 students were involved from everything (planning, decorating, preparing food, cooking, serving the line, serving as servers for tables, and clean up) 10 students not involved in Student Council worked at the dinner helping prepare and serve the meal. The faculty helped to make the pies but 10 faculty showed up to cook, serve pie and help clean dishes. Our principal served as a greeter welcoming people and conversing with guests. 130 community members from all five communities came to the event and businesses supported the needs with food and decoration

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Unique ID: 564369051
Location: 33.748001098633, -84.385803222656

Top Ten Project Award Nomination

School Apponequet Regional High School

School Address 100 Howland Rd
Lakeville, MA 02347

Advisor Name Joseph Solomon

Advisor Email jsolomon@freelake.org

Principal Name Barbara Starkie

Principal Email bstarkie@freelake.org

NAME OF PROJECT Apponecon 2019

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY. Apponequet is a regional public high school in a school district that consists of two small towns, Freetown and Lakeville, where the school is located. Together, the two towns have roughly 20,000 people. The student body population at the high school is roughly 800. The Student Council has over 40 active members and has open meetings that all students are encouraged to attend.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)? The project is the third of an annual video game night hosted by the Student Council in partnership with our Game Club who bring in technology and help run activities. A major purpose of the event is to get groups of students at the school who may not usually interact to work together to plan the project and then play games together during the event. It is a free event open to our entire student body and staff that brings many people together to simply have fun but also serves as a canned food drive to help our local community. Cans are collected from any student who wishes to participate in a competitive tournament and earn a prize.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT The event takes place in our school library and consists of many activities happening concurrently within the library. There are open games which anyone can play set up on TVs and monitored by Student Council and Game Club students. Games include Wii Sports, Pokémon and Just Dance, as well as board and card games like Uno and Connect Four and many more. Then, an hour into the event, competitive tournaments begin, with games including Super Smash Bros., Mario Maker, Madden and Rocket League, where students compete for small prizes. Food is available in our group projects room for free during the first hour, and after that, a Family Feud tournament is hosted in the Group Projects Room, where students and staff can form teams of 5 and compete against other teams.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

1) The Student Council is in charge of running the event. Student Council and Game Club members met together weekly for 2 months to plan the event, and arranged for advertisements including a Snapchat filter as well as organizing equipment for each of the games we planned to run tournaments for. During the event, Student Council members helped in watching the area around games, serving food, running tournaments, running the prize counter as well as participating in tournaments and games themselves. In addition, new to this year, Students designed, printed and sold shirts to sell and give out as prizes throughout the night.

2) Other students attend the event and get to play the games and enjoy the fun! This year we had a record number of 171 students total attend the event. Throughout the night, students could be seen in every corner -and table of our library playing in both our tournaments and open play games.

3) The faculty of the school are also encouraged to attend and participate in games. New to this year, students were asked to challenge their teachers to specific games by sending a formal invitation, that if accepted, would have the student and teacher would face off that night.

4) The event is not open to members of the community outside the Student Body, but canned goods from the event are donated to local charities.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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Location: 42.36780166626, -70.96900177002

Top Ten Project Award Nomination

School Winthrop High School

School Address 400 Main Street
Winthrop, MA 02152

Advisor Name Jennifer Rowley

Advisor Email jrowley@winthrop.k12.ma.us

Principal Name Matthew Crombie

Principal Email mcrombie@winthrop.k12.ma.us

NAME OF PROJECT Miracle Networks Boston Children's Hospital Dance Marathon

PLEASE PROVIDE A BRIEF DESCRIPTION OF SCHOOL AND COMMUNITY. Winthrop High School is a public high school with around 600 students, the majority of which are involved in various clubs and sports. Students from Winthrop High School come from varying economic backgrounds. The town of Winthrop is a small, tight-knit community that is always supportive of the students in the school system.

WHAT IS THE PURPOSE AND OBJECTIVES OF THE PROJECT (WHAT WERE YOU TRYING TO ACCOMPLISH)? We partnered with Miracle Networks and Boston Children's Hospital to raise funds for children with cancer by hosting this Dance Marathon. We had set a goal of raising over \$2,500, and ended up raising over \$3,000.

PLEASE PROVIDE A BRIEF DESCRIPTION OF THE ACTIVITIES OF THE PROJECT The Dance Marathon took place after school on Thursday, June 6 from 3 to 8 in the afternoon. Student council members created a structured schedule for games and activities to be played, ensuring fun for attendees. Games and activities included basketball, soccer, floor hockey, spikeball, Kan Jam, Just Dance, cornhole, and dodgeball.

PLEASE PROVIDE A BRIEF EXPLANATION OF INVOLVEMENT (IF APPLICABLE) 1) Student Council Members 2) Other Students 3) Faculty 4) Community

Student Council Members- Partnered with Miracle Networks and Boston Children's Hospital to set up the event. Student council members advertised the week of the event with posters, flyers, and announcements. Members also signed up participants, went around town asking for sponsors, held a bake sale, and held a 20% night at a local restaurant.

Other Students- The involvement of other students was crucial. They donated to our page set up by Boston Children's Hospital and attended the Dance Marathon.

Faculty- The faculty were important in the process. They reminded students to sign up, made monetary donations to our page, and showed support by attending. Many faculty members participated in the games and activities.

Community- Local businesses sponsored and donated to the Dance Marathon. We held a bake sale in the center of town and a 20% night at a local restaurant.

Please upload an evaluation of the project by a teacher, administrator, or other school staff member, other than the student council advisor.

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