

Volume 1, Issue 2

Old Colony RVTHS

Connect. Create. Inspire.

Jackie Machamer, Vocational Coordinator accepts the Workforce Skills Capital Grant in the amount of \$362,860 from the Baker-Polito Administration. Old Colony RVTHS will upgrade Machine & Tool Technology and House & Mill Carpentry programs. The equipment includes classroom and portable equipment for use on remote job sites.



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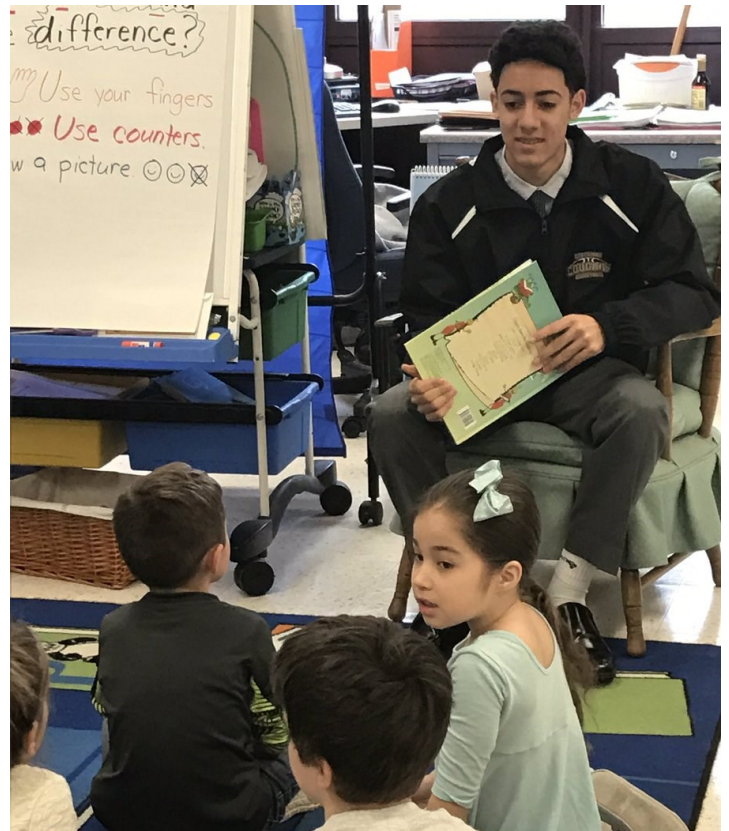
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We are honored to be included in the awarding of \$11.8 million in Workforce Skills Capital Grants by the Baker-Polito Administration. Governor Baker has routinely displayed his support for vocational education and recently stated “these investments have a major impact for the educational institutions training our workforce and the students who stand to benefit from enhanced skills and career paths. Strengthening relationships between educational institutions and local industry as this program seeks to do is crucial to the success of our communities and Commonwealth as a whole.”

Of the \$11.8 million dollars awarded, \$7,112,256.00 was received by vocational technical schools. Old Colony RVTHS was the recipient of \$362,860 that will greatly support necessary upgrades for our Carpentry and Machine & Tool Programs. On behalf of Old Colony Regional Vocational Technical High School, we thank the Baker-Polito Administration and the Workforce Skills Cabinet for their ongoing support of Vocational Education. Approximately 50,000 students across the state of Massachusetts are involved in vocational technical & agricultural education.

Combined statement from Old Colony RVTHS & MAVA



Old Colony *updates*

BUILDING STRONG FOUNDATIONS TO
ENSURE SUCCESSFUL FUTURES.

Old Colony Welcomes Temple Grandin to Campus *Over 500 attendees from across the New England area visited OCRVTHS*

Dr. Temple Grandin, named one of TIME Magazine's 100 most influential people, is the most accomplished and well-known adult with autism in the world. Her fascinating life, with all of her challenges and successes, was brought to the big screen in 2010.

On Saturday, March 11, 2017, over 500 people joined Old Colony Regional Vocational Technical High School and the Greater New Bedford Workforce Investment Board in welcoming Dr. Grandin to Old Colony Regional Vocational Technical High School.

Dr. Grandin has been featured on NPR (National Public Radio), major television programs, such as the BBC special *The Woman Who Thinks Like a Cow*, ABC's *Prime Time Live*, *The Today Show*, *Larry King Live*, *48 Hours* and *20/20*. Dr. Grandin has been featured in *Time* magazine, *People* magazine, *Forbes*, *U.S. News and World Report*, and *The New York Times*. Among numerous other recognitions by the media, Bravo Cable did a half-hour show on her life, and she was featured in the best-selling book, *Anthropologist from Mars*. (Excerpted from <http://templegrandin.com>).

Dr. Temple Grandin is a professor of animal science at Colorado State University, world-renowned autism spokesperson and consultant to the livestock industry on animal behavior. She has authored over twenty books, including *Thinking in Pictures*, *Emergence: Labeled Autistic*, *The Way I See It*, and *The Autistic Brain*.

Dr. Grandin focused on the importance of getting Middle School students of all backgrounds out of the basement and away from television screens and into settings focused on experiential learning and exploration. Dr. Grandin identified the importance of a rigorous and relevant Vocational Education and the positive implications of interdisciplinary learning across curriculum during her presentation titled, "Different Kinds of Minds Contribute to Society"

The overarching theme of Dr. Grandin's delivery was that children need the opportunity to learn in a real-world environment and can start with something as simple as walking

dogs, refining their soft skills through yards sales and lemonade stands, or working in a setting equivalent to a retail sales floor.

"Kids need to learn how to work."

Dr. Grandin was critical of an education system that traps students in a "special needs" category when they can't pass something like algebra, and stressed the importance of helping students to develop in their demonstrated areas of strength.



Dr. Temple Grandin delivered a passionate and entertaining lecture to more than 500 attendees at Old Colony Regional Vocational Technical High School.

Future Leaders

Setting the bar

BUILDING STRONG FOUNDATIONS TO
ENSURE SUCCESSFUL FUTURES.

OC HEALTH CAREERS SHINES

Setting the bar as we reach beyond our walls

Our students don't just pass the test, they give back on the road to getting there. We're building the whole student. Prepare for life and not just graduation. We are happy to announce that all 13 of the Junior Health Career students who took the state Certified Nursing Assistant exam on April 13th have passed. The following students are now certified CNA's:

Bree Abreu, Tori Andrade, Liam Ashley, Tara Butler, Abby Cioper, Nicole Correia,
Hannah Davignon, Rebecca Dawicki, Rosa Lewis, Heather Medeiros, Mya Medeiros,
Kim Rigby, Zach Ronan

The students put in a lot of work preparing for the exam. We are proud of them all. Next cycle, these students will be starting an acute care rotation at St. Anne's Hospital in Fall River. They will be able to care for patients with various diagnoses and levels of health. We are grateful they will be exposed to this level of care as they will see and learn a great deal. The following cycle, they will participate in a shadowing experience at St. Luke's Hospital in New Bedford. They will have the opportunity to follow a healthcare worker in various departments such as EKG, lab, radiology, cardiac cath lab, the OR, PACU, ENDO, and respiratory. Again, the students will be exposed to the different opportunities and specialties in the healthcare system while experiencing the real-life situations that cannot be taught in a classroom. We will host a "pinning ceremony" this year for our newly certified CNA's on June 9. Parents will be invited to the shop to witness the ceremony and celebrate with cookies and coffee.

In other news, we will be holding the Freshman Parent Awareness Day on Friday, May 12. This is always a fun day when parents come to visit the shop and actually see what their children do while they are in shop. The students demonstrate the skills they have learned, we watch a video consisting of pictures taken throughout the year and then we have a light lunch. This is a great event loved by both parents and students.

Our sophomore students will be going to Head Start this cycle where they will be teaching a health-related lesson that they have researched and developed to the preschoolers. The students will also host the Teddy Bear Clinic at Head Start on June 2. This is a fun day where the preschoolers bring in their teddy bears to get checked at a clinic that the students have set up. Teddy bears can have their temperature taken, get an x-ray, get a bandage, and get weighed among other things!

We will also host a Kids Day at OC (date to be determined) where we open the shop to our teachers' school-aged children for a day of fun and learning! The sophomore students take the routines and lessons learned at Head Start and run a classroom for school-aged children in our shop. We have various activities, crafts, and lessons planned throughout the day. We also take the children on "tours" of the different shops. Each shop has been great about welcoming us over the years and most have now set up a little demonstration of what they do to show the kids. Always a fun day enjoyed by all!

Beyond Us *updates*

BUILDING STRONG FOUNDATIONS TO
ENSURE SUCCESSFUL FUTURES.

OC CULINARY CREATES

OCcreates™ for Wood Palace Kitchens of Middleboro, Massachusetts

The Culinary Arts department was invited to plan and execute a cooking demonstration at Wood Palace Kitchens, Inc. in Middleboro on Tuesday, February 28th. Junior students Amy Pringle (Acushnet), Kenneth Pellegrini (Carver), and Breigh Senior (Carver) planned the demonstration of preparation for the 3-course meal that included Caprese Bruschetta, Shrimp Scampi, and a pizzelle cookie dessert filled with fresh vanilla whipped cream. Students provided step-by-step recipes for guests in attendance to take home, with the assistance of one of their Culinary Arts Instructor Samantha Clarke.



Meal preparation was well-demonstrated while the associated narrative was clearly articulated. Students provided useful and interesting information while preparing a presentation that was quite delicious.

Following their Wood Palace Kitchen presentation, Culinary Instructor Sam Clarke and Junior, Amy Pringle were featured on the Food-A-Holick radio show. Listen to their interview at <http://bit.ly/2oV01Yf>. We have budding Food Network stars on our hands!



Connect. Create. Inspire.

DIFFERENTIATING OURSELVES FROM THE PACK

OC attended the Equity in the Trades and MA Girls in the Trades Career Fair at the IBEW Local 103 located in Dorchester with two students who competed in a project presentation contest. Kelsey Mulloy, senior in Electrical, and Sarah Murphy, senior in Welding, competed in a contest that required them to create a project to spread awareness about the benefits of choosing a non traditional career.

The duo finished a strong second out of the entire field of entrants. To the left is a picture of Kelsey and Sarah at their booth ready to speak to over 450 high school non-traditional vocational females from across MA.



HEALTH CAREERS VISITS BODY WORLD VITAL



The Freshman and Junior Old Colony Health Careers students attended a fieldtrip to Body World Vital at the Providence Convention Center on February 16th. The visit to the Body World Vital exhibit provided students with an amazing educational opportunity aimed to educate the public about the inner workings of the human body. The exhibit showed the effects of poor health, good health and lifestyle choices. Each Body Worlds exhibition contains real human specimens which were revealed through the use of plastination! Students were amazed to see the real-life muscles, organs, arteries and nerves that they are currently studying.

COSMETOLOGY EXPLORES SALON CENTRIC “LIVE”



March 14, 2017 was supposed to be an exciting day for our Cosmetology students who raised over \$2,000 in a weekend to fund a trip to the International Beauty Show in New York City. The school day, the trip, and the show were all snowed out due to a “State of Emergency”.

On Monday, April 10th, Old Colony’s Cosmetology Seniors attended Salon Centric’s

annual hair show called “Live”. Ten students and two instructors traveled by bus to Mohegan Sun in Uncasville, Connecticut where they spent the day attending classes and purchasing supplies at discounted prices. Classes covered topics including hair extensions, color techniques, nail art and gel nails, spray tans and hair cutting classes. There were opportunities in education for salon professionals and beauty industry students. Exhibitors displayed and showcased the latest in beauty products and trends.

COLLEGE READY

The Sophomore Health Career students, along with students from CAD and CIS, attended the Bristol Community College STEM Starter Academy Career Day sponsored by the guidance department on March 31, 2017.

The college offered different labs for the students to choose from. The Health Careers students attended the Anatomy & Physiology and Med Tech labs. Students in the A & P lab had the opportunity to touch and observe a sheep’s brain and heart and actual human bones. Students in the Med Tech lab were able to test their DNA to see if they were a “super taster” and perform a urinalysis. All students attended a “Majors Fair” where students were provided information on the college and the courses offered.

OC students have the opportunity to earn college credit through articulation and free dual enrollment courses while still in high school.

UP CLOSE & PERSONAL OUR HISTORY FIRSTHAND



For some folks it may be interesting to study Viet Nam from a book, to discuss events in a group setting, or to read non-fiction that identifies the inside stories associated with the history of our great nation. Some high school History classes are taught from a book. Others leave their mark. Our goal is to deliver the latter.

When Al Gardner from Bourne visited History classes at Old Colony Regional Vocational Technical High School, our students, teachers, and administrators sat captivated at attention as Captain Gardner told stories of his Viet Nam experience. His delivery was authentic, heartfelt, and sincere. He told real stories about real people and real events.

After graduation from Bourne High School, he enlisted and became a member of the Green Beret. He eventually rose to the rank of Captain and was in Viet Nam from 1966-1970. Captain Gardner did three tours of duty there and he was wounded twice. This most recent visit marked his 6th year coming to speak with OC students. We are appreciative of his service and grateful for his willingness to share his experience and knowledge.

#WeAreOC

Connect. Create. Inspire.



Where are they now?

Are you in touch with an alumnus who is succeeding in their field of study, doing something worth highlighting, or making a difference in this world? Check out Jon Ferreira (Class of 2009) on the next page.

Please share with us so we can highlight our Alumni in our quarterly edition of the Old Colony Newsletter. Email your information to apolansky@oldcolony.us.

#WeAreOC

CREATIVITY THROUGH INFOGRAPHICS

Alex LaFountain

Chapter 10 section I Two Nations

Historians and the Civil War

Some historians have suggested that the United States could have avoided the Civil War, if Americans had elected better leaders and established stronger political institutions at a national level, they believe, extremists on both sides would never have been able to force the nation into war.

The Case Against Slavery

By the 1850s, many white Northerners had come to believe that slavery violated the basic principles of both the United States and the Christian religion.



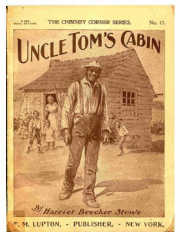
Uncle Tom's Cabin

Without question, the most powerful statement made during this period about the impact of slavery was Uncle Tom's Cabin, by Harriet Beecher Stowe. Published in 1852, Stowe's novel became an instant bestseller and sold millions of copies in the United States and abroad.



Differences between North and South

The differences between the North and the South were not simply a product of exaggerated fiction and propaganda. Hard facts illustrate how differently the two regions had developed since 1790. Each year the North was becoming ever more urban and industrialized than the South.



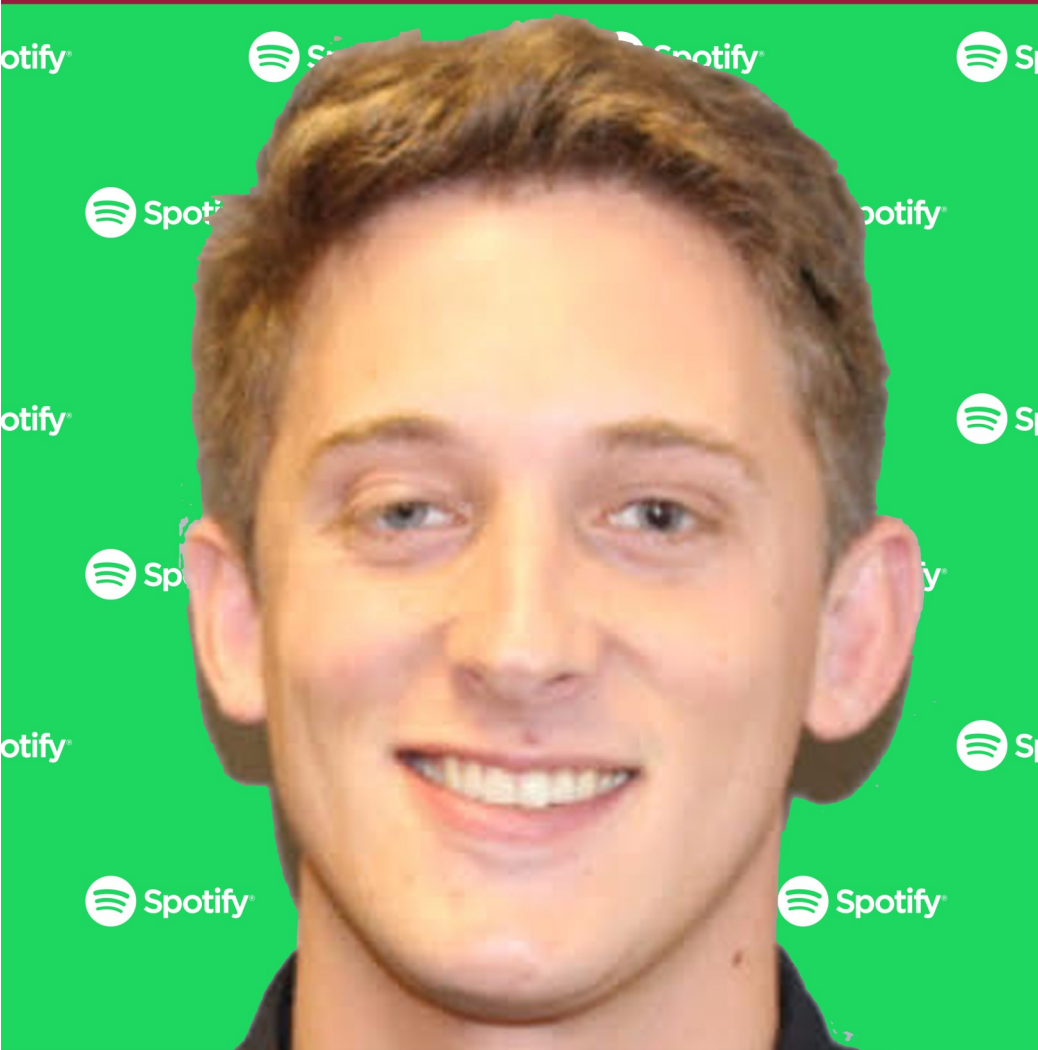
Freshmen are creating infographics to make connections to their History curriculum. For the past three years Mr. Oldham (History Instructor) was using Chapter Webs from Keys to Literacy, which were primarily text-based.

Infographics provide a visual delivery system and an appealing opportunity to explore creativity for our young generation.

In the beginning not all students bought into the idea of creating these visual representations, but we are beginning to see some great results.



IT ALL STARTED *at* Old Colony Regional VTHS



Jonathan Ferreira

Software Engineer, Spotify NYC

CLASS of 2009

CURRENT POSITION

Software Engineer
Spotify
Manhattan, NY

OLD COLONY PROGRAM

Carpentry

HOMETOWN

Acushnet, MA

COLLEGE/CAREER

B.S. Brown University
Computational Biology

OC ACTIVITIES

National Honor Society President,
SkillsUSA, Baseball

WHY I CHOSE OC

The idea of learning a trade was appealing to me. The opportunity would allow me options upon graduation. My older brother Matthew enjoyed his experience at OC and has since become a successful Electrical Engineer.

“When you go to Old Colony and graduate from Old Colony, there are no limits to what you can do upon graduation.”

Jonathan Ferreira



IT ALL STARTED *at* Old Colony Regional VTHS



Adam Hebert

*Plymouth Police Academy
Brian Daley Academic Excellence Award Winner*

CLASS of 2011

CURRENT POSITION

Reserve Police Officer, Town of Acushnet
On-call Firefighter, Town of Acushnet

OLD COLONY PROGRAM

Automotive

HOMETOWN

Acushnet, MA

COLLEGE/CAREER

Bridgewater State University
Major Criminal Justice; Minor Psychology
Summa Cum Laude

OC ACTIVITIES

Varsity Golf Captain, Freshman Basketball,
Co-op Junior/Senior Year, Math Team,
SkillsUSA, OC Advisory Board

WHY I CHOSE OC

The small school setting and Golf Team were exactly what I was looking for. Learning a trade provided me with options that will last a lifetime.

“Old Colony was one of the best decisions I’ve made in my life and has provided me opportunities and connections, both vocationally and academically, that have opened doors I would have never imagined.”

Adam Hebert



IT ALL STARTED *at* Old Colony Regional VTHS



Brayden King

Metal Fabrication and Joining Technology

CLASS of 2020

OVERVIEW

On Friday, April 6, 2017, Mrs. Jean Fox, School Committee Chair from Freetown-Lakeville visited Old Colony Regional Vocational Technical High School for a tour of our facility. During the tour Mrs. Fox had the opportunity to visit a number of programs. While visiting the Metal Fabrication and Joining Technology program, Mrs. Fox was greeted by Brayden King of Freetown. When inquiring about the work being done in the shop, Brayden spoke in articulate detail about the work being done. His use of vocabulary specific to welding, and initiative to share a visual rubric that identified four levels of welding, was an impressive representation of the education being provided in the vocational programs at Old Colony. Chairperson Fox commented on how impressed she was with a freshman who spoke with such clarity and precision about academic expectations, performance levels, and process while providing an example of the different tiers of welds. Brayden spoke specifically about what he is aspiring to accomplish. Congratulations Brayden for clearly exemplifying your ability to connect, create, and inspire. We are proud to be represented by you in such a professional manner.

EXCELLENCE AWARD
APRIL 24, 2017



Old Colony Regional VTHS



Douglas A. DesRochers

Metal Fabrication and Joining Technology

CLASS of 1984

OVERVIEW

Mr. DesRochers started his Welding career at Old Colony RVTHS in 1980. During the 11th grade he entered the cooperative education program and worked at Goyetts Welding and Fabrication until graduation in 1984. After graduation he worked at Lindburg Marine welding on fishing vessels. In 1985 he started to work at Tilcon, a Stone Quarry and Asphalt making company repairing heavy equipment and machinery for 10 years. The last 5 years were spent as a Night Welding Foreman. In 1995, he started a career as a Welding Instructor at Old Colony RVTHS and will be entering his 22nd year of service as a Welding Instructor at OCRVTHS.

In 2000, Mr. DesRochers joined the American Welding Society and realized the benefits social networking would bring to his role as an educator. Mr. D. secured his Certified Welding Inspectors (CWI) License and Certified Welding Educators (CWE) License through the American Welding Society for the opportunity to qualify his students and provide them a better opportunity and starting pay in the welding industry. His involvement with the AWS is ongoing and has allowed him to network with some influential members of industry. Mr. DesRochers serves as the District 1 Director of AWS, which covers all of the New England states, and Montreal including the Province of Quebec Canada. He has served on the Board of Directors for the entire AWS Organization.

Meet the Staff

Featured Teacher Profile

Metal Fabrication and Joining Technologies Department

Topic: Robotic Flame Spraying Welding Process

Students: Kaitlynn Lurie and Wyatt Estudante

JANUARY 16, 2017,
MILLS MACHINE WORKS INC.
30 CARVER STREET
LAWRENCE, MA 01841



Mills Machine Works Vice President Greg Mills along with son John and daughter Janet provided a tour and demonstration of their Robotic Flame Spraying Welding system.

Twenty-Five years ago Mills Machine Works was founded by owner and President Greg Mills in the basement of his first house in Lawrence, MA with two employees. Twenty-five years later and after a few moves, they are now located at 30 Carver Street in Lawrence with eight employees and a long list of machining capabilities. They perform complex as well as routine machining to exacting detail. Expedited service is available if or when the need arises. Some examples are Carbon Fiber Composites machining and tooling, large precision machined weldments and prototype machinery. They work with Raytheon, Lockheed-Martin, Sikorsky and Triton Systems Inc. class customers.



Topic: Excavator Bucket Repair

Students: Juniors Joshua Smolinsky and Dylan DeMedeiros

The students pictured in the photo are two 11th grade juniors Joshua Smolinsky and Dylan DeMedeiros. They are grinding down the Excavator Wear Straps to be reused on the bucket that is being repaired.

The students previously cut off the worn out portions of the straps to salvage the useable portion of the wear straps. The straps will be re-welded to the bottom of the new floor that was welded using the Shielded Metal Arc Welding (SMAW) and the Flux Cored Arc Welding (FCAW) process.

Throughout the course of their high school experience, Old Colony students are taught a number of different skillsets within the Metal Fabrication and Joining Technologies Program. These skills provide students with a multitude of career options upon graduation.





MEET THE MEDALISTS

2017 SkillsUSA



Gold Medalists

Bethany Spangler, Carpentry

Jakob Rinkus, Electronics Technology

Savannah Lopes, Nail Care

Sky Bowker, Technical Drafting

Silver Medalists

Paul Ashley Jr, Automotive Service Technology

Taylor Rowe, Cosmetology

Michael Mello, Culinary Arts

John Barnes, Electronics Technology

Kirsten Galas, Nail Care

Leah Studer, Technical Drafting

Sadie Lombardi & Matt Leate, Web Design (team event)

Bronze Medalists

Noah Cavallaro, CNC Technician

Sadie Amaral, Cosmetology

Mikayla Murray, Cosmetology Under 500 hours

Ethan Stevens, Culinary Arts

Rebecca Dawicki, Nurse Assisting

Michael Donachie, Technical Computer Applications

Kaitlynn Lurie, Welding Sculpture

Gold and Silver Medalists will move on to State Competition in late April of 2017. While most of our students were competing in their technical area specific competitions, there was one Old Colony student vying for her spot at the state conference to compete for a position on the state officer team. This individual spent countless hours preparing and studying for the district competition. We are pleased to tell you that the hard work paid off. Heather Medeiros will be one of five students representing District I at the State Conference. This is a great opportunity for Old Colony to show their school pride at the state level.

Sincerely,

Norman & Lindsey

Norman L'Heureux and Lindsey Couto
Old Colony SkillsUSA Chapter Advisors



OLD COLONY RVTHS 2017 SUMMER DISCOVERY EXPERIENCE

JULY 10-14, 2017

For students in grades 5-8. Career Exploration, Recreation, Arts, Sports & More.

Visit www.oldcolony.us to learn more.

OLD COLONY RVTHS • 476 NORTH AVE, ROCHESTER, MA 02770

CREATE, LEARN, PLAY, AND WATCH AS YOUR CHILDREN EXPAND THEIR HORIZONS.

Old Colony RVTHS has developed a Summer Discovery Experience for children in grades 5-8 to foster the creative and intellectual drive that lies inside them all. Through hands-on creative activities and innovative exploration we can help our children reach their fullest potential.

Explore and discover through project-based learning in the areas of Automotive, CAD, Computer Science, Cosmetology, Culinary, Forensic Science, and more. See your children glow with pride as they learn by doing, innovate by creating, and secure skillsets that will last a lifetime.

The young athlete will be exposed to competitive games, player development drills and lectures from experienced coaches. Learn from our League Championship Coaching staff what it takes to become a well-rounded student athlete. We'll teach beyond the game and reach the heart of what is truly important.

For the creative and imaginative we've incorporated a week of Drama/Theatre training, the opportunity to explore Arts & Crafts, and even an opportunity to "go green" with UpCycle exploration.

There is an activity for every child in our Summer Discovery Experience. Each program teaches collaboration, builds confidence and self-esteem, and inspires a passion and competence useful in all facets of life; within and beyond the classroom.

Please visit www.oldcolony.us and select Summer Discovery for more information. Register online at <http://bit.ly/2mgRDk8> before classes fill. Questions? Please email summerdiscovery@oldcolony.us. We look forward to meeting you.

IS YOUR CHILD INTERESTED IN THE ARTS, SPORTS, OR LEARNING A LIFESKILL?

HOW ABOUT FORENSIC SCIENCE?

AMERICA'S TEST KITCHEN OR THE NEXT MASTER CHEF?

PERHAPS SOCCER, FOOTBALL, RUNNING, OR BASKETBALL?

HAVE A LOVE FOR AUTOMOTIVE OR ARCHITECTURAL DESIGN?

Sky Bowker and Paul Soucy Honored by MVA

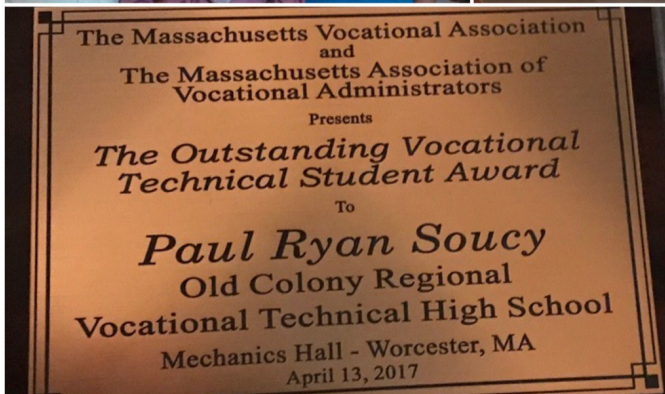


On Thursday, April 6th, Paul Soucy and Sky Bowker were honored at the first annual MVA Awards dinner held at Greater New Bedford Vocational Technical High School. Sky accepted the MVA Non-Traditional Student Award and Paul was recognized with the MVA Outstanding Student Award. Sky is a student in the OC CADD Program and has been instrumental in the launch of the OCcreates™ prototyping initiative. Paul is a member of the Carpentry program, participates in our cooperative program, is a three-sport athlete, and member of NHS and a multitude of extra-curricular efforts. Both Paul and Sky were accompanied by their families.

Paul Soucy Honored by MAVA with Outstanding Vocational Technical Student Award



On Thursday, April 13th, Paul Soucy was recognized by the Massachusetts Association of Vocational Administrators at Mechanics Hall in Worcester, Massachusetts. Paul is currently one of the top academic students in the class of 2017. He plans to continue his education at Westfield State University where he will study Environmental Sciences.

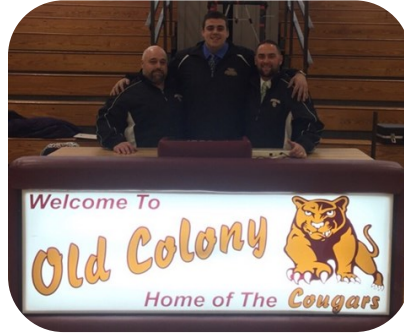


Paul was accompanied by members of his family, current Carpentry Instructor Doug Sims, retired Carpentry Instructor Stuart Norton, Vocational Coordinator Jackie Machamer, and Superintendent Aaron Polansky. Paul was presented with a commemorative plaque and an official citation signed by Senator Michael Rodrigues.



Updates from the field

Cougar Athletics



Congratulations to Mr. Wyatt Major (Baseball) and Mr. Jacob Murphy (Football) who have signed their letter of intent to attend Massachusetts Maritime and University of Massachusetts Dartmouth. Wyatt will play baseball at Mass Maritime and Jacob will play football at UMD. We are proud of our student-athletes who have made academics and athletics a top priority in their lives.

During the winter Basketball season, the Boys' Varsity Basketball Program hosted the Acushnet 6th grade Cape Hoops team. Players were announced prior to the game and were awarded certificates as "Honorary Cougars" for the night. It was a fun and exciting night for all participants. We thank the student-athletes and their parents for attending this event.



In a follow up at the end of the season, the Mayflower League Champion Boys' and Girls' Varsity Basketball Programs visited Acushnet Elementary School where student-athletes spent the morning reading to the Acushnet Elementary School students as part of a Literacy Through Sport Initiative pictured below.



On February 12, 2017 Jake Jason (shown bottom left corner) scored a school record 45 points in a comeback win over Cape Cod Tech. Jake Jason is a hardworking, dedicated teammate who helped navigate the Cougars to a Conference Championship, Vocational State Tournament Runner-up status, and MIAA Tournament run during the 2016-2017 season. Jake is the first sophomore in the history of the school to score over 1,000 career points. Jake is a Carpentry major from Acushnet, Massachusetts. His father Jim is also a graduate of Old Colony Regional Vocational Technical High School.

Athletics Continued

Girls Lacrosse: Right place, right time for Old Colony's Elana Sargent

Source: <http://www.southcoasttoday.com/sports/20170417/girls-lacrosse-right-place-right-time-for-for-old-colonys-elana-sargent>

Story by Bill Abramson : Photo Ryan Feeney



ROCHESTER — How does a girls lacrosse player score 150-plus goals six games into her junior year?

Elana Sargent of Old Colony Vocational “doesn’t really know.”

On Monday morning, she had an “average” day for her, scoring four goals, adding two assists and 10 draw controls as the Cougars (5-1, 4-0 Mayflower League) broke open a 6-4 match at the half, scoring the first six goals of the second half en route to a 14-6 victory over GNB Voc-Tech. The hat trick-plus one gave Sargent 23 goals in six games this season and 162 over her high school career.

“I just look for the open path and look for open teammates,” Sargent explained. “If a team player passes the ball, then her teammates will pass it to her. I look for ground balls and to get rebounds. I guess I try to be in the right place at the right time.”

First-year coach Kerstin Lindrooth discovered very quickly that she had a talent in the junior midfielder, the same position Lindrooth played in high school outside of Philadelphia and at Springfield College.

“During tryouts, Elana stood out to me,” Lindrooth explained. “She had a really good shot and was a huge player across the field. She could play defense, carry the ball upfield and shoot. She’s really fast, so we get the ball to her and she runs it upfield.

“She’s one of the most consistent players I’ve seen and she’s a very unselfish player. That’s what makes her so good. She has the potential to be a really good player at the college level. She’s better than I was in high school. She has everything it takes to be a college player and she’s the kid every college coach would want.”

Sargent’s goal is 300 goals, or at least 250.

“She could get to 200 goals this year,” Lindrooth said. “If she scores four goals a game, which she has been doing, she’ll reach 200 this season.”

Sargent got her start in lacrosse when she was 5, coinciding with the start of the program in her hometown of Lakeville.

“My parents signed me up,” Sargent explained. “They figured it was a new sport and I should give it a try. I loved it.”

She played on Lakeville youth teams, but never was on an all-star team, and at the high school. She doesn’t play other sports at school, but, since the age of 4, she has been a figure skater.

“I skate in regional competitions and medal, place in the top four, most of the time,” Sargent said. “My goal this year is to land all my triples (jumps) and just do my best.”

There are no Olympic dreams here, but the carpentry student has different designs on building a career.

“I want to be a doctor,” she said. “I like helping people and I think I’d like to be a surgeon.”

The search for schools has just begun, but if there is a lacrosse component at the next level, Elana would like that.

“I’d like to play lacrosse in college, but my academics are my main priority,” she emphasized.

FINDING A COACH: Lindrooth, who teaches physical education, health and biology at Bristol Agricultural School, was a last-minute find for Old Colony Athletic Director Matt Trahan. The new Superintendent-Director at Old Colony, Aaron Polansky, was the former principal at Bristol Agricultural and let Trahan know of a lacrosse person at Bristol. ... “It was a month before the start of the season, late February, when Matt contacted me and asked if I was interested in coaching the girls. I said yes right away,” Lindrooth said.



STEM Academy



BCC
BRISTOL COMMUNITY COLLEGE

Classes Start June 2017

ARE YOU INTERESTED IN A CERTIFICATE IN COMPUTER AIDED DRAFTING?

EARLY COLLEGE CAREER PATHWAY PROGRAM

BRISTOL COMMUNITY COLLEGE @ OLD COLONY RVTHS

BCC's Early College Career Pathway Program
will be offering
CAD172 (Computer Aided Mechanical Design)
For **FREE** at
Old Colony Regional VTHS
this summer.

- Classes run Monday & Wednesdays from 5-9pm June 19—August 16, 2017.
- Students who successfully complete this course will have priority registration for a FREE CAD112 (Advanced Computer Aided Drafting) course that is being offered Fall 2017.
- Students who successfully complete both courses and meet articulation requirements will be eligible for the Computer Aided Design Certificate with a concentration in mechanical certificate completion at BCC.

For more information on the Early College Career Pathway Program please contact:

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or

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A Warm Welcome #WeAreOC



Every summer schools prepare for the introduction of new students. Relationships drive education. Now, more than ever, researchers are pointing to the implications of healthy culture on educational environments. As we prepare our students to become connected, competent, and passionate members of society, we ask three questions, “Is it kind? Is it honest? Will it improve the situation?” If the answer is “yes”, we proceed enthusiastically. As we anticipate a warm welcome during a three-day August Freshman Academy for our incoming Freshman Class of 2017, we also welcome five new members to our staff. We are thrilled to introduce the following individuals (left to right):

Mr. Andre Arsenault (Culinary): Andre Arsenault is a graduate of Old Colony class of '06 and Johnson & Wales class of 2010 with a BS in Culinary Arts. Andre currently works as a chef at LeBaron Hills Country Club. He has worked in restaurants up and down the eastern seaboard and recently collaborated in opening a combination Bistro/ catering company in Franklin, MA. In his free time he enjoys gardening, camping and spending time with his two young children and wife.

Jolene Costa (Administrative Assistant to the Superintendent): Mrs. Costa comes to OC after spending 14 years in an administrative capacity with the Acushnet Police Department. Her hobbies include basketball, horseback riding, and most outdoor activities. She loves being a mother to her three children and looks forward to becoming a part of the OC family.

Lisa Maiden (Culinary): Chef Maiden brings 18 years as a Certified Culinary Arts Instructor to Old Colony. She is a certified ServSafe Instructor and has served as a Culinary Facilitator for NEASC. In her prior district she has served as a SkillsUSA Advisor, New Teacher Mentor, Class Advisor, and Varsity Cheerleading Coach. Lisa has Associates Degree in Culinary Arts from Newbury College and is currently enrolled in a Bachelors program through Fitchburg University.

Rick Peloquin (Carpentry): Rick Peloquin comes to OC after spending years of his life in industry. Mr. Peloquin is 50 years old and has been married to his wife Michelle for more than 26 years. They have a 24 year old daughter, Jessica. He attended Greater New Bedford Voc. Tech. to learn Carpentry and has been a Carpenter all his life. He currently owns his own business as a Carpenter/ General Contractor. Mr. Peloquin is also a musician and plays in two local cover bands. He loves the outdoors and to fish and kayak whenever possible. He is very excited to be part of the Old Colony family.

Gracie Mullen-Thompson (English): Ms. Thompson has been working at Old Colony for the last two years as a paraprofessional. She is currently the Student Council Advisor and Girls' JV Basketball Coach. She came to OC after teaching Spanish, traveling Europe and serving a year for the Commonwealth Corps as a volunteer educator in New Bedford Public Schools. She serves on Greater New Bedford Regional Voc-Tech's Environmental advisory committee and has a passion for health, wellness, community and education. Gracie couldn't be happier to officially call OC her home as an English teacher and looks forward having her own classroom next year!

Calendar *of dates*

April

Tuesday, April 25th	District Improvement Plan Meeting, 3:30 p.m.
Wednesday, April 26th	Half day for Students/ Professional Development for Staff
April 27-29th	SkillsUSA State Leadership & Skills Conference, Marlborough, MA
Friday, April 28th	Mr. Cougar (Talent Competition), 6:00 p.m. OC Gymnasium

May

Wednesday, May 10th	Faculty Meeting
Tuesday, May 16th	District Improvement Plan Meeting, 3:30 p.m.
Wednesday, May 17th	District School Committee Meeting
Saturday, May 20th	OC Golf Tournament, Acushnet Valley Golf Course
Friday, May 26th	OC Prom, White's of Westport



Congratulations to the Guenette Family

Principal Guenette is a Grandmother for a third time as her daughter and son-in-law, Janelle & Deron Mayo, welcome Maliya Noel Mayo into the world. Maliya was born on April 5, 2017, at 3:11 a.m. She weighed 8 lb., 14 oz. and was 20.5" long in Calgary, Alberta, Canada.

#WeAreOC