



Camp MRHS-SOSA

Camp MRHS-SOSA (Students Overcoming Substance Abuse) was a two day event designed to increase leadership skills, substance abuse awareness, and positive decision-making. It was sponsored by Passaic County United for Prevention and Manchester Regional High School (MRHS). The Camp was facilitated by our SOSA Leaders. As winners of last year's Passaic County Teen Summit, they executed their goal to organize a substance abuse prevention camp for MRHS students. Speakers Shea Multsby, Chief Operating Officer (COO) of The M.INK Media Company and Lauren Curiotto, COO of Fabulous, discussed leadership, teamwork and goal setting. Peter Orsita of Renovation House discussed substance abuse and decision-making skills. Indoor and outdoor spaces at MRHS were transformed to appear like a camp site. Items such as tents, a fire pit and camp food helped to accomplish this theme. The camp theme helped to foster a safe, relaxing, and inviting environment to share experiences and initiatives. Students expressed their great enjoyment in participating, getting to know one another, and becoming future leaders. The SOSA team would like to thank all of the volunteers for their hard work.



[MRHS Recognized by U.S. News & World Report 5th Consecutive Year](#)

On May 12, 2015, the U.S. News and World Report released its 2015 Best High Schools Rankings. Manchester Regional High School is pleased to announce that for the fifth consecutive year, it made the list of Best High Schools in America. Principal Dr. Richard Ney said, "I am pleased for this recognition for our school by a publication that is highly regarded as the 'Gold Standard' by universities, hospitals, and other institutions for the high quality services they provide. This distinction reflects the high level of instruction provided by our teachers and the commitment of our students who work hard to obtain the skills and knowledge necessary to be successful." Manchester received the Bronze award.



[Spring Concert](#)

The annual spring concert is next Wednesday, May 20th in the school auditorium. The chorus, concert choir, chorale and band have all worked hard for what is sure to be a night full of beautiful music. It is one of the magical nights of the year. The baton falls at 7:00 p.m.



Safe Celebrations

Every year prior to the prom and graduation, the school conducts a Safe Celebrations program for seniors. The purpose is to demonstrate the dangers of partying with alcohol or other dangerous substances. This year's Safe Celebrations program is next Thursday, May 25th beginning with breakfast at 7:43 a.m. in the cafeteria followed by a presentation by motivational speaker Gian Paul Gonzalez. A former MRHS student and star basketball player, Gian Paul Gonzalez is best known for the "All In" motivational speech that he gave to the NY Giants prior to their winning the Super Bowl in 2011.

(<https://www.youtube.com/watch?v=OWbK6kvquyY>) Since that speech, he has toured around the world inspiring and motivating athletes, students and employees of large corporations. Gian Paul's presentation will be followed by workshops in the gymnasium and library beginning at 9:30 a.m.



Remembering Our Heroes

On Friday, May 22, in honor of Memorial Day, Petty Officer Jim Cava, U.S. Navy retired, will be our assembly speaker. The assembly will take place during period 2. His presentation is "A salute to the greatest Nation in the world, the United States of America."



[Change for Nepal](#)

In conjunction with the units they are currently teaching, Mrs. Hedges' and Ms. Pandya's classes competed to raise money for the victims of the earthquake in Nepal. The generosity of the MRHS community has been staggering, with as much as \$20



being donated by a single student. Pounds of coins have been sniffed out from under furniture, beneath couch cushions, and from the bottoms of backpacks and purses. It is estimated that close to \$200 has been collected in the last week alone. Stay tuned for the final amount, and keep bringing your loose change to either teacher. The losing teacher will suffer an as-yet undisclosed consequence. Suggestions welcomed!

[TGIF](#)

The second of three TGIF programs sponsored by the Haledon Police Department is tonight at 6:00 p.m. Manchester students will be able to play either basketball or volleyball. The third and last TGIF for the school year is scheduled for June 12th. The TGIF program provides a safe place to have fun.

