



MANCHESTER REGIONAL HIGH SCHOOL

Good News Newsletter



Volume 3

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[Volleyball Team Wins Trophy](#)

Last Saturday, Manchester hosted the annual Sinisi/Ludwig Volleyball Tournament in our gymnasium. Six teams (Whippany Park H.S., Bergen Charter School, Eastside H.S., Hawthorne Christian, and Manchester) played a round-robin tournament so each team got to play each other at least once. In the final bracket, Manchester competed against Whippany Park High School, and came in 2nd in the Tournament. Congratulations!



[Back to School Night](#)

Thursday night was our annual Back to School Night. It was very well attended: The auditorium was nearly packed for the opening presentation. The custodial team did an outstanding job in making the school sparkle. Teachers were animated in their classrooms as they discussed classroom procedures, homework expectations, and grading policies. Many parents commented about the appearance of the school, the professionalism of our staff, and how pleased they are that their children are students at Manchester Regional High School. Below, math teachers Mr. Hawood and Ms. Pellegrino address a class of students' parents.



[North Haledon Meet and Greet](#)

Thursday night we also participated in the Meet and Greet at the Memorial School Back to School Night in North Haledon. We had a table display and a video about Manchester, and we distributed brochures about the school, the Academies Programs, and the Tri-District Middle School Wrestling Program. We are pleased to have been invited for the opportunity to further demonstrate the stellar qualities of Manchester Regional High School.



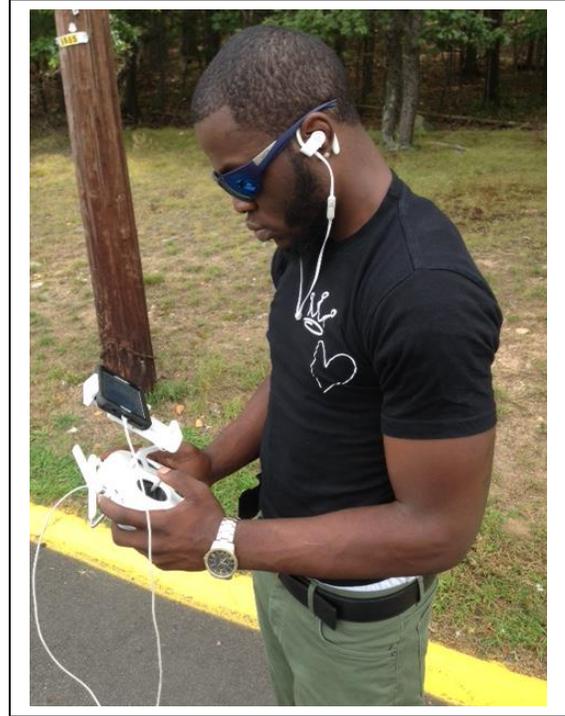
[Meet Biology Teacher Alyssa Beres](#)

My name is Alyssa Beres. This will be my third year teaching biology and geoscience at Manchester Regional High School. I started at Manchester in 2014, after I graduated from William Paterson University. I am currently working on my master's degree in biology at Montclair University. Teaching is something I always wanted to pursue. I began teaching horseback riding when I was thirteen years old. I loved being able to teach people something I cared about, and years later, these values still hold true. Outside of teaching, I run my own horse boarding and training facility where I give riding lessons and train horses after school and on weekends. I also barrel race professionally in rodeos along the East Coast. My favorite part about teaching science is showing students how much I care about my subject and imparting to them that they can understand these difficult concepts too. Teaching at Manchester has been a wonderful experience. In the two full years that I have been a part of the MRHS faculty, I have had wonderful support from everyone. I love being able to watch my students grow and mature over the years, knowing I have been a part of their lives.



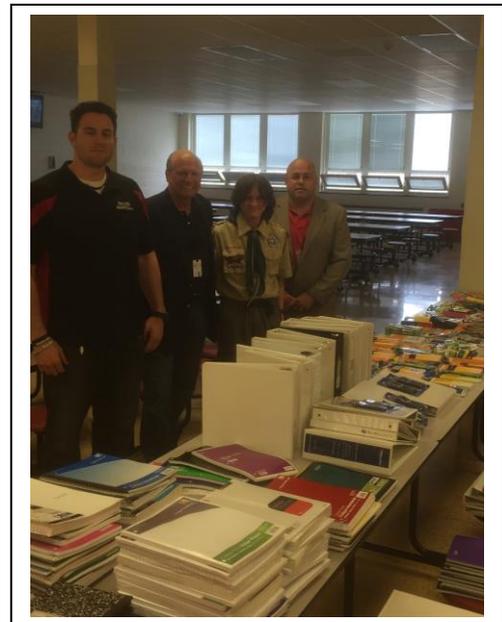
MRHS Alumnus "Flies" In to Assist

Last week, MRHS Class of 2010 Alumni Dennis Chapman visited Manchester to pilot his drone, providing "fly-over" footage for an upcoming MRHStv video. Besides taking time out to help out our school, he patiently fielded the approximately 1,000 questions Mr. Yob had about drone technology.



Free School Supplies for Students in Need

Last year, graduating senior Joe Kieffer became an Eagle Scout. For his service project he collected thousands of dollars worth of school supplies from Staples, Target, Office Depot, and private donations. Joe donated all of these school supplies to Manchester Regional with the intent that they be given to our students in need. The Bergen County Special Services Program, in conjunction with the school store, have been generous enough to assist in distributing these supplies. Teachers who wish to make referrals can email student names, ID numbers, and a list of what they need to: SchoolStore@MRHS.net. The following supplies are currently available: pens, pencils, notebooks, binders, loose leaf paper, and highlighters.

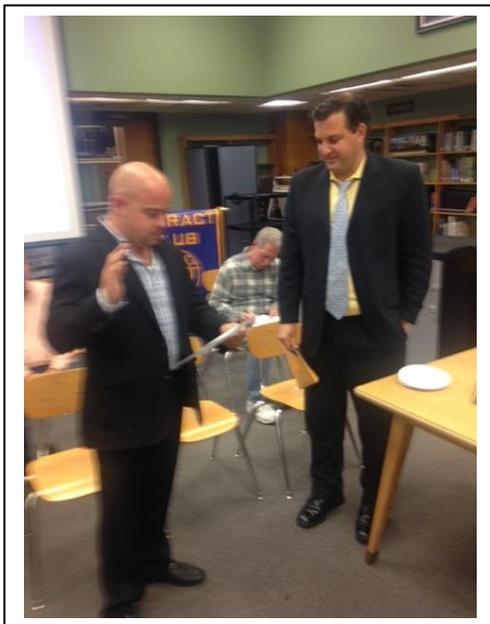


Health Class Researches Risk Factors

Ms. Cullen's health class researched a variety of different risk factors that may contribute to long-term health-related problems. The students created a public health announcement focusing on healthier habits to hopefully avoid these risk factors and to encourage better, healthier, long-term living.



New Board Member



Meet Mr. Valdo Panzera, the newest member of the Manchester Regional High School Board of Education. He was sworn in at the Board meeting Thursday, September 29. Mr. Panzera will complete the unexpired term of Jon Galluccio, which ends December 31. Welcome Mr. Panzera!