

School News

Souhegan High School

Winter 2015 Evening Enrichment Courses & Workshops

General Information:
Check <http://www.sau39.org/shs> for a detailed schedule and courses descriptions.
To register:
Call 673-9940 ext "5317" during school hours or email mpaul@sprise.com to register. Course size is limited to space available. The courses will be filled with the first registered and payments before the first class will secure your seat. The cost of the course is based on the number of weeks the course meets and residence in the SHS School District.
All courses and workshops meet at Souhegan High School - 412 Boston Post Rd. Amherst, NH 03031.
***Please check the start date!

Teacher: Susanna Ries
Dates: Tuesday 6 weeks
1/27, 2/3, 2/10, 2/17, 3/3, 3/10,
Time: 6:00-8:30pm
Cost: \$80.00 for residents and \$90.00 for non-residents
Have you ever wanted to learn a new art craft using beautiful stained glass? Want to make a lamp shade using stained glass panels? Let your creativity expand and come make a stained glass panel, lampshade, and ornaments. Sample pieces of stained glass will be supplied and there will be glass tools to use for the first few classes. Students will need to buy soldering tools and materials and extra glass if needed. We will complete two pieces in the class! Come join the fun! Great ideas for holiday gifts too.

purpose as well as the benefits of exploring this powerful energy as a vehicle to well being. As we journey through each Chakra (one per week) we will:
• Balance and align energy patterns
• Wake up your Chakra energy through simple yoga poses and chanting
• Release your creative energy to bring you closer to your high self
• Create a deep sense of relaxation
• Experience corresponding vibrational tones and colors
• Integrate what you learn into your everyday life
• Learn about the crystal rock connection to vibrational energy.
Your teacher, Gloria Bry, has developed a series of rich experiences for you to be able to connect to each of these powerful energy centers that are at the essence of who you are. Included in the class will be simple yoga moves, opportunities to develop your meditation skills and music dedicated to enhance your ability to connect to your chakras and yourself.
Taking you on your Chakra journey - teacher, Gloria Bry
Gloria Bry has over twenty years experience in the body, mind, spirit connection. Her experience includes involvement in naturopathic healing, Hatha yoga, Kundalini Yoga, Somatics as well as metaphysical training. Gloria is a certified Yoga/Dance instructor. She earned her Bachelor of Science degree in

Behavioral Science as well as Training and Development.

Wednesday

Yoga: Moving Into Peace

Teacher: Christy Finn-Sperrazza
Dates: Wednesday 8 weeks
3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22

Time:
Class I 5:15 - 6:45pm
Class II 7:00 - 8:30pm
Cost: \$70.00 for residents and \$80.00 for non-residents
We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes

will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has been teaching yoga for 16 years as a certified Kripalu Yoga Teacher.

Tuesday

Watercolor Painting

Teacher: Kevin Dadoly
Dates: Tuesday 6 weeks 1/27, 2/3, 2/10, 2/17, 3/3, 3/10,
Time: 7:00 - 9:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents
Join Kevin Dadoly as he instructs this popular studio course designed to enhance and challenge all levels of watercolor artists from the beginner to the exhibiting artist! Expect to explore all types of painting techniques, and subject matter, in an enjoyable and positive environment.

Learn the Art of Stained Glass

An Inner Journey With Chakra Energy

Teacher: Gloria Bry
Dates: Tuesday 6 weeks 1/27, 2/3, 2/10, 2/17, 3/3, 3/10,
Time: 7:00 - 9:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents
You are invited to embark on a journey of self-discovery. Your body has an energy system where body, mind and emotion connect. There are seven major centers that symbolize this connection. In this introduction eight week series, you will learn how this subtle energy system flows through you. You will develop insight into where your Chakras are, their meaning and



"The Amherst Preschool, along with a Souhegan High School advisory, collected over 150 pairs of pajamas for the Pajama Program! These pajamas were distributed to both SHARE in Milford and Families in Transition in Manchester.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

Notice to the Citizens of Mont Vernon, NH
FILING DATES FOR MONT VERNON SCHOOL DISTRICT OFFICES:
Wednesday, January 21, 2015 through Friday, January 30, 2015
no later than 5:00 pm

School District Officers to be elected March 10, 2015:

For three years: Two School Board Members
For one year: School District Clerk
School District Treasurer
School District Moderator

If you are a candidate or seek reelection, you must file a declaration of candidacy with the school district clerk.

Sue Leger
Mont Vernon School District Clerk
672-9583

Amherst PTA Meeting News

AMHERST - General Membership Meeting: Wednesday January 14 at Wilkins Elementary School in the library. Meeting starts at 7:00 p.m. We are so lucky to have guest speaker, Craig Fraley, Rec Dept director, come to talk to us about all the new goings on at the Rec Dept. We are confident this will be interesting and educational!

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AMHERST SCHOOL DISTRICT PUBLIC NOTICE

The Amherst School Board will hold a public hearing on Wednesday, January 14, 2015, at 7:00 p.m. at Souhegan High School to consider the FY16 Amherst School District budget and other warrant articles.
(Snow Date: January 16, 2015 at 7:00 p.m.)

The Deliberative Session of the Amherst School District will be held on Tuesday, February 3, 2015, at 7:00 p.m. at Souhegan High School.

Voting for School District Officers and warrant articles will be held on Tuesday, March 10, 2015, at Souhegan High School from 6:00 a.m. to 8:00 p.m.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

SOUHEGAN COOPERATIVE SCHOOL DISTRICT PUBLIC NOTICE

The Souhegan Cooperative School Board will hold a public hearing on Wednesday, January 14, 2015, at 6:00 p.m. at Souhegan High School to consider the FY16 Souhegan Cooperative School District budget and other warrant articles.
(Snow Date: January 16, 2015 at 6:00 p.m.)

The Deliberative Session of the Souhegan Cooperative School District will be held on Monday, February 2, 2015, at 7:00 p.m. at Souhegan High School.

Voting for School District Officers and warrant articles will be held on Tuesday, March 10, 2015, at the following locations:

- Amherst Voters-Souhegan High School, 6:00 a.m. - 8:00 p.m.
- Mont Vernon Voters-Mont Vernon Village School, 7:00 a.m.-7:00 p.m.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

MONT VERNON SCHOOL DISTRICT PUBLIC NOTICE

The Mont Vernon School Board will hold a public hearing on Thursday, January 15, 2015, at 7:00 p.m. at the Mont Vernon Village School to consider the FY16 Mont Vernon School District budget and other warrant articles.
(Snow Date: January 16, 2015 at 7:00 p.m.)

The Deliberative Session of the Mont Vernon School District will be held on Wednesday, February 4, 2015, at 7:00 p.m. at the Mont Vernon Village School.

Voting for School District Officers and warrant articles will be held on Tuesday, March 10, 2015, at the Mont Vernon Village School from 7:00 a.m. to 7:00 p.m.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

Notice to the Citizens of Amherst, NH
FILING DATES FOR AMHERST SCHOOL DISTRICT OFFICES:
Wednesday, January 21, 2015 through Friday, January 30, 2015
no later than 5:00 pm

School District Officer to be elected March 10, 2015:

For three years: One School Board Member

If you are a candidate or seek reelection, you must file a declaration of candidacy with the school district clerk.

Catherine Jo Butler
Amherst School District Clerk
673-1925

14th Annual Comedy Night

All proceeds support
Souhegan High School
F.I.R.S.T. Robotics Team 138 - Entropy
www.robotics138.org

SATURDAY, JANUARY 24, 2015
7:00PM
(SILENT AUCTION STARTS AT 6:30PM)

SOUHEGAN HIGH SCHOOL AUDITORIUM
TICKETS: \$15 IN ADVANCE. \$20 AT THE DOOR

Featuring

 Paul Nardizzi
 Ryan Gartley
 Jeff Koen

PLUS! Silent Auction & Bake Sale

To purchase tickets, contact any F.I.R.S.T. Team 138 member or email themcguy@comcast.net


FOR INSPIRATION AND RECOGNITION OF SCIENCE AND TECHNOLOGY

I ♥ THE 80s

80s Night!
Saturday February 7, 2015
8pm-Midnight
Amherst Country Club
72 Ponemah Road, Amherst, NH
03031
\$20 per ticket
*21+ ONLY

Come decked out in all your 80s gear to dance the night away at this Funky PTSA Scholarship Fundraiser!

Tickets available at Moultons and The Homestead (Checks Preferred)
Go to www.sau39.org/shs



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Notice to the Citizens of Amherst and Mont Vernon, NH
FILING DATES FOR SOUHEGAN COOPERATIVE SCHOOL DISTRICT OFFICES:
Wednesday, January 21, 2015 through Friday, January 30, 2015
no later than 5:00 pm

School District Officer to be elected March 10, 2015:

For three years: One School Board Member (Amherst)

If you are a candidate or seek reelection, you must file a declaration of candidacy with the school district clerk.

Catherine Jo Butler
Souhegan Cooperative School District Clerk
673-1925