



L.C.M.R. TIGER Times

687 Route 9, Cape May NJ, 08204
Joseph Castellucci, Principal

609-884-3475
December 2009

Dear Parent:

Hopefully everyone is ready for a happy and healthy holiday season. This is a busy time of year at the high school as we perform our winter band, choral, and strings concerts, get our winter sports season underway, and still manage the everyday routine of the high school. When we return from winter vacation, there will be a flurry of activity for both students and parents, so watch our website calendar for details (www.lcmrschools.com).

Meanwhile, keep in mind that we are fast approaching the mid-point of the school year. You can keep track of your teenager's academic progress through PowerSchool and I encourage all parents to make direct contact with your son or daughter's teacher when concerns arise.

Our next Parent Advisory meeting is Thursday, January 14th at 7:00 p.m. in the High School Media Center. We will have a guest speaker, Ms. Kim Mounce from Cape Assist, to discuss issues surrounding teenage drinking and substance abuse. This should be an informative discussion for every parent. As always, all parents are welcome and encouraged to attend.

On behalf of everyone here at the high school, I would like to extend our best wishes for a joyous holiday and a healthy new year.

Sincerely,

Joseph A. Castellucci
Principal

Lower Cape May Regional High School
687 Route 9
Cape May, NJ 08204

Visit us on our school website at:
www.lcmrschools.com

College Financial Aid Workshop II

The high school will offer a second college financial aid workshop for parents who missed our December workshop, or those who left that workshop overwhelmed by the complexities of the college financial aid process. The workshop will be held on Tuesday, January 12th at 6:00 p.m. in the high school Media Center. Our presenter that evening will be Ms. Andrea Kuhlberg, former LCMR Guidance Counselor and an expert on the college financial aid process. This workshop is a must for parents of prospective college students.



Field Trip to Citizen's Bank Park



On Tuesday, December 1, 2009, thirty-five students from the Sports & Entertainment Marketing class and the Sports Journalism classes visited the home of the Philadelphia Phillies in South Philadelphia, Citizens Bank Park. Our guides, Mike Howard and Karen Smith, began the day with a video covering the construction of the stadium. We were escorted to the Post-game interview room, broadcast rooms, and the Press Box. The highlights of the day included the indoor batting cages, dugout and players locker room. Students were invited to examine the lockers and bats of the star players (Chase Utley, Ryan Howard, and Jimmy Rollins). Phillies representatives discussed the business side of the stadium throughout the tour. We were surprised to learn the cost of the suites and the fact that any room, including the players locker room--The Diamond Club, and the Hall of Fame Club--can be rented for just about any private social event (weddings, birthday parties, etc.) Employment opportunities with the Phillies, as well as external vendors and suppliers, average wages, number of employees, employee rules and regulations, and work schedules were discussed throughout the day. Due to the Phillies recent success on the field, as well as at the gate, the Phillies just completed the installation of a new grass field. The students now have a much better understanding of how many people, the number of companies and efforts that go into the production of each and every Phillies game. Mr. John Hosford and Ms. Jackie Siscone, along with all of the students declared the day a huge success in every way.

LCMR School Store



The Caper Tiger School Store Presents: Be Our "6th Man"

6th Man shirts are NOW available in the school store for \$10
Available in Gold or Pink
Personalize your 6th Man for \$15, order forms available in the school store

Caper Tiger Favorites

Girls & Guys Thermals \$20
Yoga Pants \$25
Alternative Fitted Hoodies \$30

"New" Holiday Arrivals

Guys Thermals \$20
Long Sleeve T-Shirts \$16
Crew Neck Sweat Shirts \$25
Beanie Hats \$15
Flex Fit Hats \$22
LCMR Blankets
LCMR Tote Bags
LCMR Back Packs
LCMR Duffle Bags

*Questions call 609-884-3475 ext. 316 or e-mail us: store@lcmrschools.com

Future Business Leaders of America

The Future Business Leaders of America held their first Leadership Seminar on Saturday, November 14, 2009. Over 60 LCMR students were selected by their coaches and advisors to attend the event. Students began the day with a continental breakfast and an inspiring presentation from Ms. Marcella Cacci--a local graduate who now owns her own company—Cacci, Inc. Ms. Cacci discussed the importance of hard work and following your goals. After the presentation students attended three workshops. Mrs. Sharon Frutchman taught students how to “de-stress” through yoga. Mr. Michael Craig met with students to discuss the importance of teamwork and how to motivate your team. And the third workshop was presented by University of Pennsylvania students Deven Parker and Anthony Francomarcro. The duo presented a public speaking workshop that gave pointers on eye contact, gestures, and body language. The day ended with lunch, gifts and certificates of appreciation presented by Mrs. Vicki Clark, President of the Cape May County Chamber of Commerce. Pictures of the event can be found on the FBLA website ([lcmrschool.org/high school/fbla](http://lcmrschool.org/high_school/fbla))



The FBLA Club also had a meeting on Wednesday, December 9, 2009 at the new Osprey Landing in Cape May. Mrs. Vicki Clark, President of the Cape May County Chamber of Commerce, was the keynote speaker.

Important Dates

December 23 rd	Early Dismissal	12:30 p.m.
December 24 – January 3 rd	Winter Recess	School Closed
January 4 th	School Reopens	
January 12 th	Financial Aid Meeting	6:00 p.m. High School Media Center
January 14 th	Parent Advisory Meeting	7:00 p.m. High School Media Center
January 18 th	Martin Luther King Day	School Closed
January 21 st	Dancing with the Faculty	7:00 p.m.
January 23 rd	SAT Testing @ LCMR	
January 28 th	High School Talent Show	7:00 p.m.
January 29 th	Teacher In-Service Early Dismissal	12:15 p.m.
January 30 th	Winter Wonderland Dance	7:00 p.m.
February 12 th and 15 th	President’s Weekend	School Closed
February 18 th	High School Music Recital	7:00 p.m.
February 23 rd	8 th Grade Open House	

Peer Leaders



Cape Assistance and the Rutgers Co-operative Extension organize and run an annual county wide Peer Leadership conference for middle school and high school students. The conference's purpose is to bring student leaders together for a day of leadership training and interaction.

As in past years, Peer Leaders from Lower Cape May Regional ran a workshop on "Rumors" for conference participants. Approximately 80 student leaders attended each of the three thirty minute workshops. Our Peer Leaders worked in teams to facilitate the groups of 20-25 middle school or high school students. "Wear the Rumor" and "Have You Ever" were favorite activities for attendees.

This conference is beneficial to our Peer Leaders because they have the opportunity to use their training and experience in a different setting than normal- i.e. working with non-freshmen students.



Renaissance

LCMR Renaissance sponsored our First Quarter Renaissance Rally of the school year on Monday, December 7, 2009. Over 400 students were eligible to attend due to grades of C- or better, no infractions and minimal absences. DJ Tony Genaro manned the music as students enjoyed volleyball, musical chairs, bowling, face painting, a foul shooting contest, and Knock Out! Prizes included: dvds, gift cards, and Caper Tiger pins, key chains, sticker, magnets and buttons. Soft pretzels, cookies and cinnamon rolls were available to munch on. All who attended had a blast. So, keep up the grades so you will be invited next quarter! A special thank you to Mrs. Fran Zukawski for always helping to make our rallies the huge success they are!



LCMR Community Orchestra

The premiere of the Lower Cape May Regional Community Orchestra occurred on December 15th in the high school auditorium. This was a first for two reasons.

One- our music department has grown SO big that we have split our band, choir, guitar, and orchestra concerts into two separate nights. Two-we are currently asking any string person in the community to join our school orchestra and participate in our winter and /or spring concert. Last night was the beginning of a new direction for the string program at LCMR. We hope to increase our membership in 2010. For further information regarding the orchestral program or to participate, please contact Mrs. Lisa Jurewicz at (886-4646).