



# WOODGROVE HIGH SCHOOL

OCTOBER 2012

## Principal's Message

**Woodgrove  
High School**  
36811 Alder School Road  
Purcellville, VA 20132

- Main Office-  
**540-751-2600**
- Attendance Office-  
**540-751-2602**
- Guidance Office-  
**540-751-2607**
- Athletic Office-  
**540-751-2610**
- Clinic-  
**540-751-2606**

**William S. Shipp**  
Principal

**Daryl Cummings**  
Assistant Principal

**Renee Dawson**  
Assistant Principal

**Tim Panagos**  
Assistant Principal

**Geri Fiore**  
Director of Guidance

**Rusty Lowery**  
Athletic Director

**Table of Contents**  
**Page 3**

*Dear Woodgrove families,*

What an exceptional opening to the year we have had! Many thanks to everyone who assisted us with making the 2012-2013 beginning so outstanding! We currently have 1519 students attending Woodgrove High School. Ninth graders have made the transition to high school and have quickly become an integral part of our school. As we move through the Fall, we will continue to place an emphasis on making meaningful connections with each student. I truly believe a sense of belonging and family is important to the overall success of our students.

In September, we held our Back-to-School Night. Many thanks to all those parents and guardians who attended and made the evening so successful. I continue to urge all parents and guardians to stay involved in the school life of your son/daughter. [The Clarity Parent Portal](#) will open on Wednesday, October 3. At this site, parents, guardians and students can stay updated on student assignments and grades. If you have any questions regarding Clarity, please contact the school.

All students will receive an interim report on Wednesday, October 3. If you have any questions regarding the interim, please contact the school and/or the specific teacher.

Once again, the year is off to a great start! We offer much gratitude to the PTSO, the WMAA and the WWABC for their efforts to support the school. A special note of thanks to all who participated in the WWABC's golf tournament on September 17. \$13,000 dollars were raised for scholarships for our students. These groups have planned many exciting activities for this year and I do encourage you to participate.

Whether you are a father, mother or guardian of a student at Woodgrove, I urge all of you to be involved with the school in some capacity. Best wishes to everyone, and thank you for your continued support.

Sincerely,

William S. Shipp  
Principal

# Table of Contents

Page 1.....	Mr. Shipp's Welcome Letter
Page 2.....	Table of Contents
Page 3.....	2012-2013 School Calendar
Page 4.....	Bell Schedule
Page 5.....	Bus Schedule Information (Link)
Page 6.....	Absentee Process
Page 7.....	PIMS (Parent Information Management System)
Page 8.....	Dress and Grooming
Page 9.....	Counselor Assignments
	SAT/ACT Test Dates
Page 10.....	Counseling Department
	SAT Field Study
	College Fair
	Career Center Visits
Page 11.....	Clarity (English)
Page 12.....	Clarity (Spanish)
Page 13.....	Teen Driving
Page 14.....	2012 Fall Sports Schedule
Page 15.....	School Store
Page 16.....	Student Scoop...Did you Know?
	Class Sponsors
Page 17.....	Senior Dues
Page 18.....	Senior Yearbook Picture/ Powder Puff Game
Page 19.....	PTSO Letter
	Woodgrove Weekly Sign-Up (Link)
Page 20.....	PTSO Meeting Information
	PTSO Membership Information
Page 21.....	PTSO "Beyond Wikipedia"
	Waterford Fair Volunteer Opportunity
Page 22.....	PTSO "Buy a tree and help the WHS PTSO"
Page 23.....	PTSO Rewards Program
Page 24.....	PTSO Rewards Program
Page 25.....	LEAP (Loudoun Education Alliance of Parents)
Page 26.....	Special Education Advisory Committee Letter
Page 27.....	SEAC—Meetings and Presentations
Page 28.....	SEAC—Information
Page 29.....	Minority Student Achievement Advisory Committee (MSAAC).
Page 30.....	Clinic—Letter from Nurse
Page 31.....	Sport Medicine
Page 32.....	Food in Schools/ Expectations for the Health & Safety of Students
	Bullying and Harassment: Expectations for Students
Page 33.....	Preventing Tick-Borne Diseases
Page 34.....	Preventing Tick-Borne Diseases
Page 35.....	Preventing Tick-Borne Diseases
Page 36.....	The F.A.C.S. of Life
Page 37.....	The F.A.C.S. of Life
Page 38.....	Math Information
Page 39.....	Math Information
Page 40.....	Stand Up to Cancer Club
Page 41.....	Reading Resource Room
Page 42.....	Lunch Menu, Week of October 1st
Page 43.....	Lunch Menu, Week of October 8th
Page 44.....	Lunch Menu, Week of October 15th
Page 45.....	Lunch Menu, Week of October 22nd
Page 46.....	Lunch Menu, Week of October 29th

# 2012-13 SCHOOL CALENDAR for Students

August 27	FIRST DAY OF SCHOOL FOR STUDENTS
September 3	Holiday (Labor Day)
October 8	Holiday (Columbus Day)
November 2	End of First Grading Period
November 5-6	Student Holiday (Planning/Records/Conference Days)
November 21-23	Holiday (Thanksgiving)
December 24-28/31	WINTER BREAK
January 1	Holiday (New Year's) (Classes Resume January 2)
January 17	End of Second Grading Period
January 18	<b>MOVEABLE STUDENT HOLIDAY**</b> <b>(Planning/Records/Conference Day)</b>
January 21	Holiday (Martin Luther King Jr. Day)
February 18	Holiday (Presidents' Day)
March 22	End of Third Grading Period
March 25-29	SPRING BREAK
April 1	Student Holiday (Planning/Records/Conference Day)
May 27	Holiday (Memorial Day)
June 6	Last Day of School for Students/End of Fourth Grading Period

**\*\*Parents with child-care or other weekday scheduling concerns** – The date of this MOVEABLE Planning/Records/Conference and Staff Development Day between first and second semesters may change, if the school calendar changes due to school closings for inclement weather or other emergencies. Parents with childcare or other scheduling concerns should be prepared.

## 9 Week Grading Period Ending Dates

November 2, 2012  
January 17, 2012  
March 22, 2013  
June 6, 2013

Schedule subject to change based on possible school closing due to inclement weather.

# 2012-2013 BELL SCHEDULE

	A Day Green Day		B Day Blue Day	
REGULAR DAY SCHEDULE <u>OPEN LUNCH</u>	8:55 – 9:03	Homeroom	8:55-9:03	Homeroom
	9:08-10:33	1 <sup>st</sup> Period	9:08-10:33	5 <sup>th</sup> Period
	10:38-12:05	2 <sup>nd</sup> Period	10:38-12:05	6 <sup>th</sup> Period/Flex*
	12:05-12:43	Open Lunch 10,11,12 – release 12:03	12:05-12:43	Open Lunch 10,11,12 –release 12:03
	12:48-2:13	3 <sup>rd</sup> Period	12:48-2:13	7 <sup>th</sup> Period
	2:18-3:43	4 <sup>th</sup> Period	2:18-3:43	8 <sup>th</sup> Period

REGULAR DAY SCHEDULE Regular Lunch <u>4 SHIFTS</u>	8:55-9:03	Homeroom	8:55-9:03	Homeroom
	9:08-10:34	1 <sup>st</sup> Period	9:08-10:34	5 <sup>th</sup> Period
	10:39-12:05	2 <sup>nd</sup> Period	10:39-12:05	6 <sup>th</sup> Period/Flex*
	12:10-2:12	3 <sup>rd</sup> Period	12:10-2:12	7 <sup>th</sup> Period
	<u>Lunch</u> 12:05-12:35 12:37-1:07 1:09-1:39 1:42-2:12	Shift I Shift II Shift III Shift IV	<u>Lunch</u> 12:05-12:35 12:37-1:07 1:09-1:39 1:42-2:12	Shift I Shift II Shift III Shift IV
	2:17-3:43	4 <sup>th</sup> Period	2:17-3:43	8 <sup>th</sup> Period

Flex Schedule: 10:38 (/10:39)– 10:55 – Drop Everything and Read (DEAR)  
 10:55 – 11:21 – Study  
 11:21 – 12:03 (/12:05) – Flex Class

ONE HOUR DELAY <u>OPEN LUNCH</u>	9:55 – 10:03	Homeroom	9:55 – 10:03	Homeroom
	10:08-11:18	1 <sup>st</sup> Period	10:08-11:18	5 <sup>th</sup> Period
	11:23-12:35	2 <sup>nd</sup> Period	11:23-12:35	6 <sup>th</sup> Period/Flex*
	12:35-1:13	<u>Open Lunch</u> 10,11,12 – release 12:33	12:35-1:13	<u>Open Lunch</u> 10,11,12 – release 12:33
	1:18-2:28	3 <sup>rd</sup> Period	1:18-2:28	7 <sup>th</sup> Period
	2:33-3:43	4 <sup>th</sup> Period	2:33-3:43	8 <sup>th</sup> Period

TWO HOUR DELAY <u>OPEN LUNCH</u>	10:55 – 11:03	Homeroom	10:55 – 11:03	Homeroom
	11:08-12:03	1 <sup>st</sup> Period	11:08-12:03	5 <sup>th</sup> Period
	12:08-1:05	2 <sup>nd</sup> Period	12:08-1:05	6 <sup>th</sup> Period/Flex*
	1:05-1:43	<u>Open Lunch</u> 10,11,12 – release 1:03	1:05-1:43	<u>Open Lunch</u> 10,11,12 –release 1:03
	1:48-2:43	3 <sup>rd</sup> Period	1:48-2:43	7 <sup>th</sup> Period
	2:48-3:43	4 <sup>th</sup> Period	2:48-3:43	8 <sup>th</sup> Period



THE BUS ROUTE SCHEDULE  
(PDF LINK) IS AVAILABLE ON  
THE MAIN PAGE OF OUR  
SCHOOL WEBSITE (left side under  
Announcements) OR CLICK ON  
THE FOLLOWING LINK:

[CLICK HERE](#)

# **ABSENTEE PROCESS**

When a student is absent, parents need to call the Absentee Call Line at

**540-751-2602**

For ***EACH*** day the child will be absent. ***Students may not call themselves in absent, including students 18 years of age and older.*** For your convenience, this is a 24 hour answering machine. Please leave the following information when calling the Absentee line: **540-751-2602**

- **Student's name-spelling the last name**
  - **Your relationship to the student**
  - **Student's grade**
  - **Reason for absence**

If a parent forgets to call on the day of the absence, the school will make a reasonable effort to contact you to verify the absence. If phone contact is not made, then you must send a note on the day he/she returns to school. Please provide doctor's notes every time your child sees a doctor so that we may keep them on file. This pertains to absences and tardies. Without a phone call or a note from the parent to confirm the absence, it will be considered unexcused and disciplinary action may be taken.

Specific information regarding early dismissals, tardies and other attendance information may be found on the Woodgrove High School website under-Administration--Attendance

**Please direct your attendance questions to  
Michelle Clark, Attendance Secretary  
540-751-2600 or  
michelle.clark@lcps.org**

## **PIMS**

### **Request Updates to Phone/Email Contact Info**



The Parent Information Management System (**PIMS**) is an online tool that provides a convenient way for the primary parent/guardian of a student to manage changes to the phone and/or email information for the contacts in their child's record. When using **PIMS** you can review, at your convenience, the current contact information that exists for your child. If you need to update the current phone/email/emergency contact information, you can easily submit the update request online.

#### **It's as Easy as:**



1. Access the PIMS link from the LCPS Public Internet site. [www.lcps.org](http://www.lcps.org). From the LCPS home screen, click on the PIMS link on the right-side under "Quick Links".
2. You will be guided through a series of screens where you will be prompted to enter some identifying information, assert your relationship to the student and then enter updated contact information.
3. Once the request has been submitted, your child's school will review the request before accepting.

**Note:** At this time only the parent/guardian listed as their child's First Contact will be able to request updates to phone numbers and emails for all contacts listed in their child's record, including the emergency contact. Parents may choose not to use the PIMS or may not have the means to do so. PIMS is simply a tool that will give those parents who so desire the ability to request changes to contact information online. This will not replace the hard-copy Emergency Card that is sent out to all families with requests for contact information updates — instead it is offered as a convenience *in addition* to the emergency card.

# Dress and Grooming

Students are expected to dress appropriately. Clothing which distracts others from learning or which endangers safety is unacceptable. **Clothing which exposes cleavage, midriffs, private parts, or exposes undergarments is unacceptable.** These include, but are not limited to, sagging or low-cut pants or skirts, tube tops, halter tops, backless shirts or shirts with only ties in the back, see-through shirts, extremely short shorts or skirts, muscle shirts, or low-cut necklines that show cleavage. Clothing with inappropriate images, statements, or inferences related to profanity, alcohol, drugs, tobacco, weapons, or messages which are sexual, threatening, harassing, or inflammatory are not permitted. **Hats and headgear are not allowed unless approved by the administration for special occasions.** It must be removed upon entering the building and placed in backpacks or lockers. No towels, shirts, or other like items may be draped over the neck. Chains and studded jewelry are not permitted as accessories.



# News from the WHS Counseling Department



## 2012-2013 Counselor Assignments

### *Counselor*

Mrs. Geri Fiore  
Ms. Astrid Willemsma  
Mr. Steven Cohen  
Mrs. Donna Kelly  
Mrs. Barbara Bell  
Mrs. Katharine Warehime

Ms. Teresa Holland  
Ms. Shannon Bak  
Mrs. Jaime Jacobson

### *Serving Students last names:*

Director of School Counseling  
A-C  
D-Hart  
Has-Mc  
Me-Scott  
Se-Z

Administrative Guidance Secretary  
Guidance Secretary (AM only)  
Career Center Assistant



FAMILY CONNECTIONS

*Don't wait, get connected!*

Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process. Students' username and password should both be their 6-digit student ID number. Parent's login should be their email address that we have on record as the username and woodgrove (all lowercase) as the password.

For more information, go to the WHS Guidance page, or contact  
Jaime Jacobson at [jaime.jacobson@lcps.org](mailto:jaime.jacobson@lcps.org).

---

### SAT /ACT 2012-2013 TEST DATES

SAT Test Dates [www.collegeboard.com](http://www.collegeboard.com)

October 6 (Registration deadline 09/07, late registration deadline 09/21)  
November 3 (Registration deadline 10/04, late registration deadline 10/19)  
December 1 (Registration deadline 11/01, late registration deadline 11/16)  
January 26 (Registration deadline 12/28, late registration deadline 01/11)  
March 9 (Registration deadline 02/08, late registration deadline 02/22)  
May 4 (Registration deadline 04/05, late registration deadline 04/19)  
June 1 (Registration deadline 05/02, late registration deadline 05/17)

ACT Test Dates [www.actstudent.org](http://www.actstudent.org)

October 27 (Registration deadline 09/16, late registration deadline 10/05)  
December 8 (Registration deadline 11/02, late registration deadline 11/16)  
February 9 (Registration deadline 01/11, late registration deadline 01/18)  
April 13 (Registration deadline 03/08, late registration deadline 03/22)  
June 8 (Registration deadline 05/03, late registration deadline 05/17)



# News from the WHS Counseling Department



## College Board SAT Field Study test at WHS on Saturday, September 29

Woodgrove High School has been invited to participate in a mock SAT provided by the College Board. Juniors and seniors are invited to take a free practice test sponsored by the College Board. The practice test is free of charge to students.

In order to participate, students will need to do the following:

Click on [this link](#) to register.

- Arrive at WHS on Saturday, September 29 at 7:45am.
- Come prepared with a photo ID  
Pencils and calculator

This is a great opportunity for all of our 11th and 12th grade students. The practice exam will not produce an official score report with the College Board, but will give students extra practice for the SAT. If you have any questions, please contact [Geri Fiore](#).

## 2012 LCPS College Fair

Sunday, September 30, 4-5:30pm & 6:30-8pm at Stone Bridge High School

## Upcoming Career Center Visits

Visits this year will take place during 6th Block Flex and Open Lunch.

\* Change in Career Center Procedure: **Students must register for visits through Naviance.** Those who are not on the list will not be permitted to attend. During FLEX, printing your registration will serve as pass.

Please visit Mrs. Jacobson in the Career Center with any questions.

09/21 at 12:00 ITT Technical Institute  
09/24 at 10:30 US Navy Recruiter  
09/26 at 10:30 Sweet Briar College  
09/26 at 12:00 Indiana University of Pennsylvania  
09/27 at 12:30 Virginia Tech  
09/28 at 12:00 Hood College

## It's Not Too Early to Start Thinking about Scholarships

Visit [LCPS Guidance Webpage](#) for up-to-date county scholarship postings:

[Horatio Alger Scholarship](#); Deadline 10/25/12

[Junior Achievement Essay Competition](#); Deadline 10/31/12

[Prudential Spirit of Community](#); Deadline 11/6/12

**Interested in the Military?** Take the **ASVAB** (*Armed Services Vocational Aptitude Battery*) a comprehensive career exploration and planning program that includes multiple aptitude tests, an interest inventory, and various career planning tools designed to help students explore the world of work.

Offered at Heritage H.S. on **Saturday, November 3, 2012**, from 9am-12pm.

If interested, you can sign up using the following link:

<https://docs.google.com/spreadsheet/viewform?formkey=dEl00XV6Q2ZlbU5JX1VIUEVfS1E1SWc6MQ#gid=0>

IN ORDER TO ACCESS THE CLARITY  
PARENT PORTAL, PARENTS/  
GUARDIANS MUST COMPLETE AND  
RETURN THIS FORM TO  
MS. THERESA HOLLAND, GUIDANCE  
SECRETARY, TO RECEIVE A  
PASSCODE. IF YOU HAVE ANY  
QUESTIONS, PLEASE CALL THE  
GUIDANCE OFFICE.



## Woodgrove High School

36811 Allder School Rd.  
Purcellville, VA, 20132  
Phone (540) 751-2601

School website: <http://www.lcps.org/Page/37533>  
2012-2013 School Year

### CLARITY Parent Portal Login Request

Please complete this form for **each** child enrolled, and return it to the student's corresponding school office, to request an account for the Loudoun County Public School's Parent Portal.

Student ID:	_____
Student Name:	_____
Student Address:	_____
Student DOB:	_____
Student ID:	_____
Student Name:	_____
Student Address:	_____
Student DOB:	_____

Account access information will be mailed home in early October.

Data contained within the CLARITY Parent Portal is confidential and user accounts and passwords should not be shared. Upon verification that a CLARITY Parent Portal user ID or password has been compromised access through that account will be immediately disabled by designated school personnel.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

*By signing this form, I acknowledge that I have read and understand this information.*

**Please sign, date and return this page to the school at your earliest convenience.**

#### For School use only

Legal Guardianship Verified: [ ] Student Information System [ ] CLARITY

Staff Person Verifying Parent/Guardian Authorization: \_\_\_\_\_ Date: \_\_\_\_\_



## Woodgrove High School

36811 Alder School Road

Purcellville, VA, 20132

Phone (540) 751-2601

School website: <http://www.lcps.org/Page/37533>

2012-2013 School Year

### Solicitud para Acceso al Portal de Padres en CLARITY

Por favor, rellene este formulario para **cada** niño matriculado y entréguelo a la oficina de la escuela correspondiente al estudiante para solicitar acceso al Portal de Padres de las Escuelas Públicas del Condado de Loudoun.

Número de identificación del estudiante: \_\_\_\_\_  
Nombre del estudiante: \_\_\_\_\_  
Dirección del estudiante: \_\_\_\_\_  
Fecha de nacimiento: \_\_\_\_\_

Número de identificación del estudiante: \_\_\_\_\_  
Nombre del estudiante: \_\_\_\_\_  
Dirección del estudiante: \_\_\_\_\_  
Fecha de nacimiento: \_\_\_\_\_

Información sobre el acceso a la cuenta se enviará a casa a principios de octubre.

Los datos contenidos en el Portal de Padres en CLARITY son confidenciales y las cuentas del usuario y contraseñas no deben ser compartidas. Tras la verificación que una cuenta de usuario o contraseña del Portal de Padres de CLARITY ha sido comprometida, acceso a través de esa cuenta será desactivada inmediatamente por el personal de la escuela designada.

Firma de padre/ guardián: \_\_\_\_\_ Fecha: \_\_\_\_\_

Escriba su nombre en letra imprenta: \_\_\_\_\_

*Al firmar este formulario, verifico que he leído y comprendido esta información.*

**Por favor firma, indique la fecha y devuelva esta página a la escuela lo antes posible.**

#### **For School use only**

Legal Guardianship Verified: [ ] Student Information System [ ] CLARITY

Staff Person Verifying Parent/Guardian Authorization: \_\_\_\_\_ Date: \_\_\_\_\_



Loudoun County Schools, the Loudoun County Sheriff's Office, and The Allstate Foundation have partnered to develop a program that focuses on traffic laws, safety techniques, and ideas to help teenagers learn to drive safely. The goal of this program is to reduce the number of teen driver tickets, crashes, and fatalities in our community. The Loudoun Partners for Safe Teen Driving believes that to accomplish this goal, we need to provide comprehensive and continuous education throughout the entire community.

**The presentations are mandatory for students and parents/guardians of students who plan to enroll in Behind-the-Wheel (BTW) instruction in LCPS.** We believe this program will help to increase awareness of the risks involved in driving a motor vehicle. The Partners for Safe Teen Driving Program has been successful in both Prince William and Stafford Counties and we feel fortunate to have received the grant to implement the program in Loudoun County Public Schools.

Attending this meeting shows your commitment and desire to help your teenager through the first critical stages of learning to drive. We all have a role in the student driver learning process by serving as role models and providing as many real-life experiences in driving as possible. We encourage you to be active in this effort by using the 45-hour driving log and enforcing the graduated licensing process to assist your teenager to have a safe and positive driving experience.

## **The Woodgrove High School Presentation is**

**Tuesday October 2<sup>th</sup> at 7 pm**

All High Schools will have a presentation.  
Dates can be found on the LCPS website.

[www.lcps.us](http://www.lcps.us)

# WOODGROVE HIGH SCHOOL

## 2012 FALL SPORTS SCHEDULE



Principal: William S. Shipp

Athletic Director: Rusty Lowery

Asst. Athletic Director: Bruce Sheppard

School Phone: 540-751-2600

Athletic Phone: 540-751-2610

Athletic Trainer: Paul Peterson

VARSITY FOOTBALL			
24-Aug	Jefferson-WV	H	7pm
31-Aug	Brentsville	A	7pm
7-Sep	Potomac Falls	H	7pm
14-Sep	Park View	H	7pm
21-Sep	Dominion	A	7pm
28-Sep	Loudoun County-SN	H	7pm
5-Oct	Briar Woods	A	7pm
19-Oct	Heritage-HC	H	7pm
26-Oct	Tuscarora	A	7pm
2-Nov	Loudoun Valley	A	7pm
9-Nov	Region II-Playoffs	HS	7pm
	(HC)=Home Coming		
	(SN)=Fall Senior Night		

FRESHMAN & JV FOOTBALL			
		FR	JV
27-Aug	Jefferson-WV	A	6pm
27-Aug	Brentsville	H	6pm
4-Sep	Potomac Falls	A	5:45
11-Sep	Park View	A	5:45 7:15
18-Sep	Dominion	H	5:45 7:15
24-Sep	Loudoun County	A	5:45 7:15
1-Oct	Briar Woods	H	5:45 7:15
9-Oct	Skyline	H	6pm
15-Oct	Heritage	A	5:45 7:15
22-Oct	Tuscarora	H	5:45 7:15
29-Oct	Loudoun Valley	H	5:45 7:15

change

GOLF			
2-Aug	Curry Licklitter Tourn.-Shen.CC (18)	A	9am
6-Aug	District Mini @Loudoun G & CC (18)	A	8am
9-Aug	DHS (18)@ Stoneleigh GC (18)	H	10am
14-Aug	District Mini @ Algonkian by PVHS	A	8am
16-Aug	BWHS @ Stoneleigh (9)	H	4:30
21-Aug	PFHS @ Trump	A	4:30
23-Aug	LVHS @ Loudoun G&CC (9)	A	4:30
28-Aug	HHS @ Stoneleigh (9)	H	4:30
30-Aug	JohnChampe @ Bull Run (9)	A	4:30
4-Sep	THS @ Stoneleigh (9)	H	4:30
6-Sep	PVHS @ Algonkian (9)	A	4:30
11-Sep	LCHS @ Stoneleigh (9)	H	4pm
18-Sep	DD Tournament @ Bull Run by JC (18)	A	7:30am
27-Sep	Region II Tourn @ Shenandoah CC	A	tba
8-Oct	State Golf Tournament	TBA	tba
9-Oct	State Golf Tournament	TBA	tba

FR, JV & VARSITY GIRLS VOLLEYBALL			
25-Aug	Wolverine Invt. (2gms)	H	JV/V tba
28-Aug	Dominion	A	6/6/7:15
30-Aug	Briar Woods	A	6/6/7:15
4-Sep	Potomac Falls	H	6/6/7:15
6-Sep	Loudoun Valley	H	6/6/7:15
11-Sep	Heritage	A	6/6/7:15
12-Sep	Freedom (9th only)	A	5:30
13-Sep	John Champe	H	6/6/7:15
18-Sep	Tuscarora	A	6/6/7:15
19-Sep	Potomac Falls	A	6/6/7:15
20-Sep	Park View	H	6/6/7:15
24-Sep	Loudoun County	A	6/6/7:15
27-Sep	Dominion	H	6/6/7:15
2-Oct	Briar Woods	H	6/6/7:15
4-Oct	Musselman-9th only	H	6pm
9-Oct	Loudoun Valley	A	6/6/7:15
11-Oct	Heritage	H	6/6/7:15
16-Oct	John Champe	A	6/6/7:15
18-Oct	Tuscarora	H	6/6/7:15
23-Oct	Park View	A	6/6/7:15
25-Oct	Loudoun County	H	6/6/7:15
29-Oct	DD 1/4 Finals	HS	7pm
30-Oct	DD Semifinals	HS	7pm
1-Nov	DD Finals	HS	7pm
Nov. 6,8,10	Region II Tourn at HS	HS	7pm
Nov. 13,15-17	VHSL AA State Tourn.	VCU	tba
	**=Scrimmage		

BOYS & GIRLS CROSS COUNTRY			
25-Aug	Great Meadows Invt @ GM	A	
8-Sep	Fork Union Invt. At Fork Union	A	tba
12-Sep	LCHS/DHS @ Woodgrove	H	5:30pm
15-Sep	Bulldog Invt @ Big Spring HS, PA	A	tba
19-Sep	PF, PV, W at JCHS	H	5:30pm
22-Sep	Oatlands Invt.	A	TBA
29-Sep	Carlisle Invt. -PA	A	9:15am
3-Oct	BW, JC, W at THS	A	5:30pm
6-Oct	Quad State Invt.	H	TBA
10-Oct	LV, W w/ HHS at Oatlands	A	5:30pm
18-Oct	DD Meet at Oatlands	A	4G/4:45B
1-Nov	Region II at Oatlands by THS	A	2G/2:30B
10-Nov	VHSL AA Meet at tby	A	TBA

COMPETITION CHEERLEADING			
22-Sep	Loudoun Valley	at LVHS	tba
29-Sep	Stone Bridge	at SBHS	tba
2-Oct	District Mini	at DHS	7pm
6-Oct	Park View Invt	at PVHS	tba
10-Oct	District Mini	at WHS	7pm
24-Oct	District Championships	at BWHS	7pm
3-Nov	Region II at J. Champe	at JCHS	tba

# SCHOOL STORE:



The store is located  
in Room 401. See you there!

## **ATTENTION WOODGROVE FANS:**

Are you looking for great deals on Woodgrove Spirit Wear? Stop by and visit the student associates at The Den (Woodgrove's School Store). The Den is open to students during Open Lunch and morning hours will be coming soon. The store is open to the community at a number of home sporting events and by appointment. If you have any questions regarding The Den, please email:

[stacey.hobbs@lcp.org](mailto:stacey.hobbs@lcp.org) .

# STUDENT SCOOP...DID YOU KNOW?

Club participation is an important and integral part of your education at Woodgrove High School. Most of our clubs meet during activity period which has been embedded into the FLEX Rotation; however, there are a few that will meet during open lunch. A complete listing can be found on our ACTIVITIES PAGE located on the Woodgrove High School website. Should you have any additional questions, please contact, Kelley Hines, Student Activities Coordinator.



## CLASS SPONSORS:

### **SCA (Student Council Association)**

MELANIE NEUBAUM  
*and* JEFF SCHUTTE

**SENIORS** MARGARET CUCINELL,  
EMILY STEVENS  
*and* KELLEY HINES

**JUNIORS** RUSS THOMPSON  
*and* SAMANTHA ZOLLER

**SOPHOMORES** KAREN CASTELLI,  
PAM DARDEN  
*and* CAROLINA WELLS

**FRESHMEN** SHANNON RAINSBERGER,  
*and* RICH ROVANG



# SENIORS

## ***Dear Seniors (Psst, share this info with your parents):***

We are excited about the possibilities that the future holds for you, and we want to make sure that you are able to enjoy all of the opportunities your senior year has to offer.

In order to simplify the process of planning various senior class events, we ask that students pay a one-time dues fee of \$175. Paying these dues at the start of the year will allow the class council to budget for events more accurately, and will eliminate the need for students or parents to make multiple payments to the school over the course of the year for various items and activities.

Payment of your senior dues covers some of these expenses, but we need your help with fundraisers, etc. to make it all happen:

Senior class spirit t-shirt (Homecoming week)  
Ah! It is Good To Be Senior! Day (October 2012)-  
(Cap/Gown Fitting, Activities, BBQ)  
Home Stretch Celebration (April 2013)  
Graduation t-shirt (May 2013)  
Senior trip to amusement park (May 2013)  
Transportation for Senior Trip (May 2013)  
Senior Assembly Day Lunch- Catered by Moe's (June 2013)  
Graduation Apparel - Cap, Gown, Tassel and Stole  
Various Graduation Expenses- speaker, decorations, tickets,  
equipment rental  
Senior class gift

Payment turned into: Kelley Hines, Margaret Cucinell or Emily Stevens, Senior Class Sponsors

Student Name \_\_\_\_\_  
Student Birthdate: \_\_\_\_\_  
Parent Name \_\_\_\_\_  
(As a parent, I am available to volunteer at events)      Yes \_\_\_\_\_ NO \_\_\_\_\_  
Student Email: \_\_\_\_\_  
Parent Email: \_\_\_\_\_

\_\_\_\_\_ Paying Senior Dues in Full?      Checks can be made out to:  
Woodgrove High School  
MEMO: Senior Class Dues

\_\_\_\_\_ Paying Senior Dues on Payment Plan? (due dates: 9/1, 10/1, 11/1)

\_\_\_\_\_ Only purchasing cap, gown, stole, tassel (COST: \$55.00)

*This must still be purchased through Senior Class and NOT directly from Herff-Jones.*

# SENIOR YEARBOOK PICTURE

The final dates for seniors who need to be photographed for the yearbook are October 15 and 16. Students that have not yet attended a session with Prestige Portraits, a division of Lifetouch, will have a postcard mailed to their home with a date and appointment time. If a student wants a re-take, he or she will need to call 800-547-3936 to schedule an appointment during those two days. The student will be charged a sitting fee for the re-take. Sitting fees for the yearbook-only photo are \$5. **\*\*\*Any senior who wants to be pictured in the senior portrait section of the yearbook must be photographed by Prestige/Lifetouch. No other photographer's work will be accepted for this section of the yearbook.**

## POWDER PUFF GAME

SENIORS vs. JUNIORS

OCTOBER 17TH

7:00

\$5.00 Admission

*Junior Class fundraiser for Prom*

### **FROM THE PTSO:**

Wow. What a difference a month makes. The air has gotten a bit crisper with the sense that fall is coming shortly. With its arrival, there seems to be a new sense of energy and electricity in the air. Some of that energy was evident at Woodgrove at Back to School night. It was super to see all the parents literally walking a mile in their students' shoes - trying to find their way to the next classroom before the "tardy" bell rang.

The PTSO has a lot planned for this year and we welcome your involvement on one of our committees or one of our activities. Coming up soon, we are working this year in partnership with the Lovettsville/Waterford Ruritans at the Waterford Fair to assist them in parking vehicles the weekend of October 5-7<sup>th</sup>. In return for their efforts, volunteers (must be 16) receive community service hours and Woodgrove receives a nice donation. Parent volunteers will also be needed at the senior BBQ/tailgate, SAT/ACT test and homecoming dance.

The PTSO and Kaplan are offering a practice SAT/ACT test on Saturday, October 13<sup>th</sup> from 8 a.m. until noon with a results review October 29<sup>th</sup> at 7 pm. As a student, this is a great opportunity to become more familiar with these tests and see which one might be right for you. This is available to the entire community, not just Woodgrove students. Sign-up is still available through our website and is \$15 per student with each additional child from the same family at \$10.

If you did not get a chance to stop by our table at Back to School night, you can still join the PTSO by visiting our website links. Even if you decide not to join, we encourage parents, students and staff to subscribe to our newsletter, the Woodgrove Weekly. We will be updating our lists soon so even if you have subscribed during the last school year, you will need to reregister for 2013. You can do that through our website as well.

Please remember the PTSO is here to serve the needs or YOUR school. Every dollar we raise through membership or fundraising goes back to the school in some way, shape or form. If you have any suggestions, volunteer needs, funding requests or ideas, please see our website links on the LCPS Woodgrove homepage under the dropdown menu: **PARENTS/PTSO**.

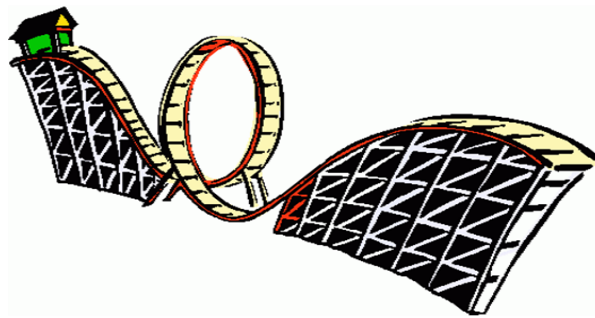
Thank you,



Susanne Kahler  
Woodgrove High School PTSO President  
WoodgrovePTSOPresident@gmail.com

#### **2012-2013 Executive Board Members:**

Jackie Erb, 1st Vice President  
Tia Brierton, 2nd Vice President  
Adrienne Lynne, Secretary  
Lisa Hale, Treasurer



### **STAY IN THE LOOP...SUBSCRIBE TO THE WOODGROVE WEEKLY!!**

The Woodgrove Weekly, a premier weekly email newsletter produced by your PTSO, will keep you informed on the latest school news, updates, announcements, events, and activities within all departments and areas of Woodgrove life. The Woodgrove Weekly is the best tool for students, families and staff to stay informed about all that's taking place at WHS and within the Woodgrove community! The newsletter goes out via email on Mondays.

*You do not have to join the PTSO in order to get the newsletter—it is a PTSO service for our entire school community. We will never share your contact information, and you can easily unsubscribe at any time. Just click on the image to sign up in a flash:*



***You'll need to sign up again even if you received The Woodgrove Weekly last year. You'll be sent an email and asked to update your profile and have the opportunity to sign up for the 2012-13 parent, student or faculty list—just choose whichever is appropriate.***

The newsletter will come to you  
from this e-mail address:

**WoodgroveWeekly@gmail.com**

Remember to add this to your address book or trusted contacts so it doesn't end up in your spam or junk folder!

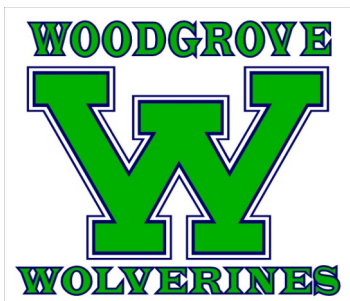
## Upcoming PTSO Meetings and Events

All PTSO Meetings will be held in the Woodgrove High School Library at 7 p.m. unless otherwise noted.

**Oct. 9, 2012**      6:30pm Executive Board Meeting  
7pm General Membership Meeting  
Guest Speaker: Robert Kane, WHS Librarian  
"Online Resources & Research Tools"

**Nov. 13, 2012**      6:30pm Executive Board Meeting  
7pm General Membership Meeting  
Guest Speaker: Sally Norton Darr  
WHS Assistive Technology

HELP BUILD ON OUR  
SUCCESS...  
JOIN THE  
WOODGROVE HIGH SCHOOL  
2012/2013 PTSO



### **Past accomplishments:**

*Funded construction of an outdoor nature trail and classroom*

*Funded teacher requests for books, materials and transportation*

*Awarded academic scholarships to graduating seniors*

*Sponsored the Senior Breakfast and Project Graduation*

*Contributed to staff appreciation week*

*Maintained a discretionary fund for students and families in need*

*Organized volunteers for special WHS events*

### **What we will continue to do:**

*Work towards fulfilling the needs of our students, families and faculty in critical areas or special projects not funded by the school budget*

*Recognize and celebrate our successes*

*Keep you informed weekly of all the WHS happenings*

*Ask for your help and assistance in areas of need—our volunteers are very important to our success.*

**Dues are only \$25 a family or \$10 for individuals and \$5 for students and faculty.**

MEMBERS NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ MEMBERSHIP AMT ENCLOSED: \_\_\_\_\_

EMAIL(for Woodgrove Weekly): \_\_\_\_\_ ADDTL TAX FREE DONATION: \_\_\_\_\_

Please return to the PTSO box in the main office.

**ROBERT KANE, WHS  
LIBRARIAN PRESENTS:  
"BEYOND WIKIPEDIA"**



**Ebooks, databases, and online  
research tools**

**Tuesday, October 9<sup>th</sup>, 7 pm**

*Sponsored by the Woodgrove PTSO*

**Waterford Fair Volunteer Opportunity  
October 5th, 6th**

The more volunteers we have to help the Lovettsville/Waterford Ruritans with the traffic control and parking, the more monies they provide to the PTSO to use for your children at Woodgrove High School. The Ruritans are an important partner to our school as they also provide much needed scholarship money to our seniors. So parents, please volunteer to help with this event and support both the Ruritans and your PTSO.

**Students we need you too!** Students who are 16 years of age or older can also participate in this event and help the Ruritans/PTSO. **Students get the added benefit of volunteer hours** when they help. Each student will be provided with a certificate of service for the number of hours they help at the fair. **Help the Ruritans and the PTSO while earning volunteer hours for your college resume.** There are two shifts of volunteers each day of the fair. The AM shift from 8:00 to 1:00 and the PM shift from 12:00 to 5:00.

***Students can sign up in the guidance office with Geri Fiore. Parents can sign up online through the Woodgrove Weekly emails for volunteers or contact Chris Vann at [WoodgrovePTSOvolunteer@gmail.com](mailto:WoodgrovePTSOvolunteer@gmail.com).***



Woodgrove High School PTSO & Moose Apple Christmas Tree Farm Fund Drive

## Buy a tree and help the Woodgrove High School PTSO

For every tree sold at **Moose Apple Christmas Tree Farm**, Woodgrove High School PTSO will get a donation of \$5.00. So check out this wonderful family owned tree farm at

<http://www.mooseapplechristmastreefarm.com>

Print a copy of this flyer for a friend, family member, or co-worker.

Extra copies of the flyer are available in the main office.

**Remember, you must present a copy of this flyer when you pay for your tree in order for Woodgrove High School to get credit for the sale!**

*Christmas Trees*

*Tree Stands*

*Wreaths*

*Pine Roping*

*Crafts*

**U cut it, We shake it clean, drill it, bale it, & help load it.**

**Saws provided. Please no chainsaws.**

### **Tree Prices:**

Pre-cut Fraser Firs  
\$65 any size

Other Spruces & Firs  
\$55.00 up to 12 ft

Pines  
\$40.00 up to 12 ft

**Tree Sizes: Table Top to 12 ft.**

**20,000 Trees to  
CHOOSE  
FROM!**

Douglas Fir  
Norway Spruce  
Blue Spruce  
White Spruce  
Concolor  
White Pine  
Scotch Pine  
Fraser Fir

### **Farm Hours:**

Open weekends beginning Oct 6  
for tagging trees &  
early Christmas shopping.

Open 7 days a week beginning  
Nov 17

9 AM til Dusk Sat-Sun

10 AM til Dusk M-F

### **Directions--From Purcellville**

West on Route 7 over the Blue Ridge  
Mountain & Shenandoah River -

R on Shepherds Mill RD -

R on Wickliffe RD to Tree Farm on Left.

OR: Use street address for GPS or  
MapQuest.



2425 Wickliffe RD  
Berryville, VA  
22611  
540-955-2450

**Follow Us on Facebook for Farm Updates!**

[www.MooseAppleChristmasTreeFarm.com](http://www.MooseAppleChristmasTreeFarm.com)

[farmer@MooseAppleChristmasTreeFarm.com](mailto:farmer@MooseAppleChristmasTreeFarm.com)

## Giant, Food Lion, Harris Teeter & Target Reward Programs

Help Woodgrove earn money to supplement the school's educational needs. The school is now registered with Giant's A+ School Rewards Program, and Food Lion's Classroom Rewards Program. You can sign up online any time. (We are in the application process for Harris Teeter's Together in Education Program.)

The earlier you register, the sooner Woodgrove can start earning credit toward purchasing needed equipment and supplies to benefit our students and teachers. Please follow the directions listed below to sign up for either one of both of the programs online. Please be sure to enter the school code when you sign up.



### Giant

School ID 09152

Feel like you have already done this? Giant cards must be re-enrolled each year!

[https://www.giantfood.com/our\\_stores/bonus\\_bucks/designate\\_school.htm?execution=e1s1](https://www.giantfood.com/our_stores/bonus_bucks/designate_school.htm?execution=e1s1)



### Food Lion

School ID 219558



## Harris Teeter

School code: 1613

[https://www.harristeeter.com/other/my\\_harris\\_teeter/login\\_page.aspx](https://www.harristeeter.com/other/my_harris_teeter/login_page.aspx)



## Target Reward Program

School ID 152094

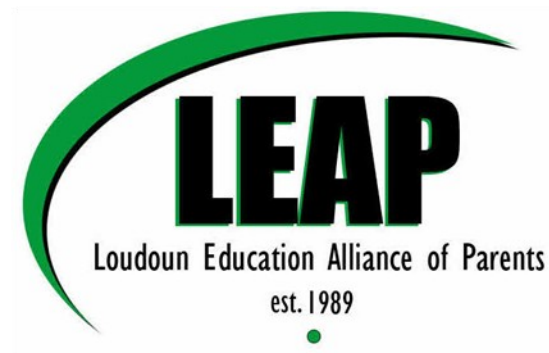
### Target's Take Charge of Education Program

Woodgrove High School is still participating in Target's Take Charge of Education Program. Join now and help us raise money for our school.

Here's how it works: visit <https://www-secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094. Use your REDcard (Target Visa Credit Card, Target Credit Card, or Target Check Card) whenever you shop and Target will donate up to 1% of your purchases back to Woodgrove. Don't have a REDcard? It's easy to apply. Get started in person at any Target store or go to [Target.com/redcard](https://www-secure.target.com/redcard/tcoe/home). Relatives, friends & neighbors are all welcome to participate in this program. The more people involved the more money raise for our school. Check our school's progress anytime at [Target.com/tcoe](https://www-secure.target.com/redcard/tcoe/home).

Any questions please email [woodgroveptsofundraising@gmail.com](mailto:woodgroveptsofundraising@gmail.com).  
Thanks for your support!





## ***WHAT IS LEAP?***

The Loudoun Education Alliance of Parents (LEAP) is a non-partisan network that promotes interaction between parents, teachers, School Board members and members of the Loudoun County Public Schools Administrative Team. The mission and objectives of LEAP are promoted via monthly meetings held during the school year on the second Wednesday of the month at the LCPS Administration Building in Ashburn, Virginia.

Each program features a panel discussion on topics of interest to parents and members of the community at large, followed by a Question and Answer session and an update from LCPS Superintendent Edgar B. Hatrick III.

Delegates are elected from each Loudoun County Public School's PTA, PTO or PTSO group to attend the monthly LEAP meetings. Parents and members of the community are also always welcome to attend LEAP meetings.

## ***2012 - 2013 Topics***

September 12, 2012 – CLARITY System:  
Get the most out of this useful tool

October 10, 2012 – Bullying

November 14, 2012 – Homework Strategies

December 12, 2012 – Internship Possibilities

January 9, 2013 – The proposed 2013-2014 LCPS Budget

February 13, 2013 – Technology in the Classroom

March 13, 2013 – Testing: SOL's and SAT's

April 10, 2013 – Cyber Safety

May 8, 2013 – Town Hall Meeting and Delegate's Choice –  
a subject that delegates identify during the year



## Loudoun County Public Schools Special Education Advisory Committee



Dear Parent:

The LCPS Special Education Advisory Committee (SEAC), welcomes you to the 2012-13 school year. We invite you to attend our monthly meetings!

### What is SEAC?

SEAC represents more than 7,000 special education students enrolled in LCPS. SEAC is an advisory committee to the Loudoun County School Board and the school district, advising on the needs of students with disabilities. SEAC is also a valuable resource to help you navigate our special education system.

### Join Us For Our First Meeting Of The School Year On Tuesday, September 18<sup>th</sup>.

*The first meeting for 2012-2013 will be held on Tuesday, September 18<sup>th</sup> from 7 to 9 pm at the Loudoun County Public Schools (LCPS) Administration Building, Room 102, located at 21000 Education Court, Ashburn, VA. The presentation will be, "LCPS Superintendent's Expectations for School Administrators."* Dr. Hatrick will share his thoughts on school administrators' support for special education at each school.

### Why Attend SEAC Meetings?

The monthly meetings include presentations about special education topics for parents and educators. By attending meetings, you will be able to:

- Receive information to assist you to become an educational partner in your child's educational process;
- Network with other parents of students with disabilities and educational professionals to gain information and support; and
- Offer input to help inform the policy and program decisions in the continuous improvement of quality education services in Loudoun County.

### When are meetings?

Meetings are usually held the third Tuesday of each month, from 7 to 9 pm (September through May, with the exception of November). Meetings are held in Room 102 of the LCPS Administration Building. Check the SEAC page, under 'Parents' on the [www.lcps.org](http://www.lcps.org) web site, for this year's meeting dates and presentation schedule.

**Learn More.** To learn more about SEAC and how we can help you, please visit [www.lcps.org](http://www.lcps.org), click the "Parents" tab, and then click the Special Education Advisory Committee link. To receive timely updates and information, "LIKE" us on Facebook (LCPS Special Education Advisory Committee).

Join us on September 18<sup>th</sup> and for all our monthly meetings. We hope to see you there!

Sincerely,

Lisa Glasgow  
Chair, SEAC

Mary Kearney  
LCPS Director of Special Education



## Meetings and Presentations

Meetings are held at the LCPS Administration Building, 21000 Education Court, Ashburn, VA  
from 7 to 9 PM.

DATE	TOPIC
September 18, 2012	Superintendent's View On Special Education
October 16, 2012	Inclusive Schools: How To Support, Develop, And Maintain Peer Mentor Programs
November 13, 2012 (2 <sup>nd</sup> Tuesday)	Autism Spectrum Disorders In Our School District: Prevalence, Projected Growth, And The Role Of The Autism Coordinator
December 18, 2012	Determination Of Least Restrictive Environment And ESY Participation With Non Disabled Peers In Extracurricular Activities And Non Academic Activities
January 15, 2013	Diploma Options/Paths: Including New Provisions For Students With Disabilities Due To The Elimination Of The Modified Standard Diploma
February 19, 2013	Family Life Education (FLE) And The Special Education Student
March 19, 2013	The Hidden Curriculum And Other Social Skills Programs
April 16, 2013	Student Led IEPs: I'm Determined
May 21, 2013	Behavior Support And Modifications In The General Education Environment

## ADDITIONAL SEAC EVENTS

### **SEAC Representative Orientation**

Tuesday, October 16, 2012

6 to 7 PM, Room 101, LCPS Administration Building, Ashburn, VA

### **Town Hall *Date Tentative April 18, 2013 - Check Back***

SEAC hosts a Town Hall Meeting every other year for all stakeholders who would like the opportunity to speak with our district administration about special education resources and how they affect educational opportunities.

### **Recognition for Excellence In Supporting Special Education**

For individuals who teach, care for, and inspire our children

*Nomination Deadline and Ceremony Dates To Be Determined - Check Back*



The Loudoun County Public Schools Special Education Advisory Committee (SEAC) works with the school board, administrators, parents and teachers who are responsible for students receiving special education services.

*All children can learn if appropriate support is available, there are no acceptable losses.*

Loudoun County  
Public Schools



### What are the functions of SEAC?

- Advise LCPS of the needs in the education of students with disabilities.
- Participate in the development of priorities and strategies for meeting the identified needs of students with disabilities.
- Submit periodic reports and recommendations to the superintendent for communication to the school board.
- Assist LCPS in interpreting plans to the community for meeting the special needs of students with disabilities for educational services.
- Review the policies and procedures for the provision of special education and related services prior to submission to the school board and the Virginia Department of Education.
- Participate in the review of the school division's annual plan.

### Who serves on the SEAC, and may I join?

The position is a voluntary, two-year term, and the SEAC is limited to 21 members. The majority of the committee is comprised of parents of children with disabilities and of community members. Membership must also include one teacher. Membership inquiries may be directed to the SEAC Vice Chair of Membership – go to [www.lcps.org](http://www.lcps.org), click on PARENTS, select SEAC, then click Vice Chair Membership.

### How can SEAC help you?

SEAC helps you understand how to work with the school division and how special education can meet the needs of your child. The monthly meetings include presentations about special education topics for parents. By attending meetings, you:

- Receive information to assist you to become an educational partner in your child's educational process;
- Can network with other parents of students with disabilities and educational professionals to gain information and support; and
- Offer input to help inform the policy and program decisions in the continuous improvement of exceptional education services in Loudoun County.



The SEAC usually meets the third Tuesday of the month during the school year from 7:00-9:00 p.m. at the LCPS Administration Building (Ashburn, VA). Check the meetings and presentation schedule at [www.lcps.org](http://www.lcps.org), click on PARENTS, then select SEAC, to confirm meeting dates and presentation topics.

LIKE us on Facebook to receive timely announcements regarding activities, news, and information of interest to the special education community -- search for "LCPS Special Education Advisory Committee."

# **MSAAC AT WOODGROVE**

The **Minority Student Achievement Advisory Committee (MSAAC)** works in partnership with Loudoun County Public Schools staff, parents, and community to further the academic, social, and cultural development of every student and to ensure that the needs of all minority students are met.

General Body Meetings are held the 3rd Wednesday of every month, 7 PM at the LCPS Administration Building in Ashburn. The first meeting of the school year included the following topics:

- Acting on a communication strategy to ensure timely communication is disseminated to parents and schools about programs available to increase minority participation and involvement;
- Discussing targeted goals and objectives for the 2012-2013 school year;
- Identifying ways to increase parent participation and advocacy for minority children in Loudoun County.

All parents, students, staff and interested community members are encouraged to attend.

Please visit MSAAC's website at:

**<http://www.lcps.org/Page/1494>**

for more information.

***The parent delegate for Woodgrove High School is Nichelle Watts-Rivera. Please contact Nichelle at [nwattsrivera@yahoo.com](mailto:nwattsrivera@yahoo.com) with questions or for more information about MSAAC.***

# CLINIC

## October Reminders from the Health Clinic :

### *Hello from your School Nurse.*

Please be reminded that LCPS requires new physician's order/care plans each school year for the medication or specialized care which your child receives at school. Health conditions which require specific forms are: Severe allergy and Epinephrine auto-injector, Seizures, Asthma with Inhaler and /or nebulizer, Diabetes, Current Medical procedures, i.e. tube feedings, catheterizations, new health concerns or Medical Procedures . You and your child's physician must complete and sign the proper form(s). The required forms are available in the clinic or online [www.lcps.org](http://www.lcps.org). Click on the Parents tab and the forms will be found under Medication at School-for Parents. I will be happy to send a form home with your child if you need one.

All Over -the- Counter and Prescription Medications requires the Medication Authorization form to be completed. Parents must transport all medication to and from school. I cannot accept any prescription medication without current physician's orders.

All 10<sup>th</sup> grade students and those new to LCPS will be screened for vision and hearing on November 15, and 16 during their scheduled Physical Education class. Please remind your child if they wear eye glasses or contact lens to bring them on their scheduled PE day.

Seasonal Allergies and Cold and Flu season has arrived! Please remind your child that the Health Clinic does not stock any type of cold medicine, throat lozenges, or cough drops. If your child is taking allergy medication, remind them to take their medication and/or eye drops at home as prescribed or over the counter medications as directed by you, the parent or guardian. I don't want them to miss valuable class time coming to the clinic for medication I do not have to give them.

While good attendance is important to the learning process, illness compromises a sick child's learning and jeopardizes other students. A child who is experiencing symptoms of illness should not be sent to school. In deciding when to send a child back to school after having the flu, the Health Department recommends that your child be out of school for at least 3 to 5 days after fever and respiratory symptoms begin and a full 24 hours after fever (100.0 F or greater) subsides. Symptoms of seasonal "Flu-like Symptoms" are fever >100.0, cough, and body aches, fatigue, runny nose, mild to moderate chills, sneezing. Check with your health care provider for this year's flu vaccine.

#### Prevention Tips:

- \*Cough and sneeze into your elbow
- \*Wash hands with soap and warm water for a minimum of 15-20 seconds.
- \*Use hand sanitizer when soap and water are not available.
- \*Avoid touching eyes, nose or mouth without washing or using hand sanitizer first.
- \*Stay home if you are sick to avoid contaminating others

All of us have heard that breakfast is the most important meal of the day, yet a surprising number of students come to the clinic with stomachaches and headaches caused by not eating breakfast. The most common reason given for skipping breakfast is "there wasn't enough time to eat". If breakfast is skipped by mid-morning the student may have little energy available until their scheduled lunch block. I discuss with students that breakfast doesn't have to mean homemade waffles and pancakes. There are many quick and easy breakfasts that provide proper nutrition. They can also buy breakfast at the school cafeteria. Please remind your child to eat a healthy breakfast so they are ready to learn in the classroom.

As always, if you have any questions or would like to discuss a health concern of your child, please give me a call at 540-571-2606 (clinic)

*Stephanie Lovasz, RN*



# WOLVERINE SPORTS MEDICINE

## Sport Injuries

### Iliotibial Band Syndrome

Iliotibial band syndrome (ITBS) is the most common cause of lateral knee pain in runners, with an incidence as high as 12% of all running related injuries. ITBS is usually the result of overuse or over training. Sudden increases in distance or intensity and running on uneven surfaces such as the shoulder of the road may also cause ITBS. Other predisposing factors include prominent lateral femoral condyles or tight iliotibial bands (ITB).

The ITB is a belt-like band of tissue that runs from a muscle on the outer side of the hip, the tensor fascia lata, down the outer side of the thigh and attaches to the outer side of the kneecap and lower leg. Other muscles of the hip also attach to the ITB and together with the tensor fascia lata control outward hip movement (abduction). The ITB also provides stability to the lateral side of the knee.

The end of the thigh bone (femur) has two large projections called epicondyles. When the knee is fully straight the ITB lies in front of the lateral epicondyle of the femur. As the knee bends, the ITB slips over the lateral epicondyle and ends up behind it. Friction occurs where the ITB passes over the lateral epicondyle. This friction can result in inflammation of the bursa that separates the ITB from the underlying bone.

Treatment for ITBS includes relative rest, icing, and medications to reduce inflammation and pain. Preventative measures for ITBS include, stretching the ITB, quadriceps, hamstring and gluteal muscles and avoiding excessive downhill running and running on cambered roads. Wearing correct shoes, specifically motion-controlled shoes and orthotics to correct overpronation may also help.

## Fitness

### Mixing Weight Training and Aerobics

Is it wise to practice weight training and aerobic exercise on the same day? That issue is surprisingly contentious in the sports world. Many competitive athletes, coaches, and trainers have come to believe that aerobic exercise, if practiced in close proximity to strength training, reduces the ability of the muscles to strengthen and grow. Conversely, many contend that weight training performed on the same day as aerobic exercise blunts the endurance response. This phenomenon, known as “muscle interference” or “exercise antagonism” has been based mostly on anecdotal evidence. There has been little science supporting or challenging the existence of interference.

So, independently, groups of researchers at two universities recently recruited volunteers to test the idea that you get more physiological benefit from performing only one type of exercise on any given day. Their hypothesis had been that they would see a greater response to each exercise individually. Combined training, the scientists had hypothesized, would dampen at least one of the physiological responses.

However, that didn't happen. Instead, after combined training, the athletes' muscles displayed the same amount of change after either type of exercise on its own. In other words, aerobic exercise can precede resistance exercise on the same day without compromising muscle building and vice versa, the scientists conclude.

Best of all, the study suggests that you can potentially do less of each form of exercise when you combine them and still gain considerable benefits!

## **Food in Schools: Expectations for the Health and Safety of All Students**

Loudoun County Public School (LCPS) students have the right to a quality education in a supportive, safe, and healthy environment. As stated in the LCPS guidelines presented in 2010, *Caring for Students with Food Allergies in School*, healthy eating habits and proper nutrition are important for all students.

The Individual Health Care Plans of students in the classroom must be followed. Parents/guardians will be notified so they can determine in advance whether a particular food item is safe for a child with life-threatening allergies.

All students are encouraged to eat healthy snacks. Foods containing allergens should not be consumed in the classrooms of students with food allergies.

Sharing or trading food in the classroom or cafeteria is not permissible and is a safety practice that has been in place in LCPS for several years.

When student birthdays are recognized at school, only non-food treats are allowed.

Non-food items will be used when classroom rewards are considered. Inclusion of all students in classroom rewards is essential.

Foods containing allergens specific to a student are not to be used for class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, or other purposes.

Students are encouraged to assume increasing responsibility for healthy and safe food choices as they progress from elementary to middle and high school.

*Caring for Students with Food Allergies in School* is available on the LCPS website under Administration—Pupil Services—Keeping All Students Safe.

## **Bullying and Harassment: Expectations for All Students**

All students have the right to attend school where their individual differences are respected and where they are free of fear of harassment and bullying. LCPS actively upholds and supports efforts to prevent harassment and bullying. **Incidents of harassment or bullying should be reported to the principal or designee immediately.**

### **Bullying**

is an intentional electronic, written, verbal or physical act of aggression or a series of acts that occur in a school setting;

School setting shall mean in the school, on school grounds, in school vehicles, at designated bus stop or at any activity sponsored, supervised or sanctioned by the school.

is persistent or pervasive;

is directed at another student or students;

occurs in a relationship characterized by an imbalance of power;

may create a personal fear that interferes with a student's ability to function; and

has the effect of doing any of the following:

substantially interfering with a student's education;



# PREVENTING TICK-BORNE DISEASES IN VIRGINIA



Spring and summer bring warm temperatures, just right for walking in the woods and other outdoor activities. Warm weather also means that ticks become more active and this can increase the risk of a tick-borne disease. The tick-borne diseases that occur most often in Virginia are Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis.

## Lyme Disease

Lyme disease is caused by infection with a bacterium called *Borrelia burgdorferi*. The number of Lyme disease cases reported in Virginia has increased substantially in recent years.

## The Tick

The blacklegged tick (*Ixodes scapularis*), formerly known as the deer tick, is the only carrier of Lyme disease in the Eastern U.S. The blacklegged tick's name comes from it being the only tick in the Eastern U.S. that bites humans and has legs that are black (or dark chocolate brown) in color.

Lyme disease transmission to humans usually occurs during the late spring and early summer when young (nymph stage) ticks are active and feeding. Tick nymphs normally feed on

small and medium sized animals, but will also feed on people. These ticks typically become infected with the Lyme disease agent by feeding as larvae on certain rodent species.

In the fall, the nymphs become adults and infected nymphs become infected adults. Adult blacklegged ticks prefer to feed on deer. However, adult ticks will occasionally bite people on warm days of the fall and winter and can transmit Lyme disease at that time.

Transmission of Lyme disease by the nymph or adult ticks does not occur until the tick has been attached and feeding on a human or animal host for at least 36 hours.

## The Symptoms

Between three days to several weeks after being bitten by an infected tick, 70-90% of people develop a circular or oval rash, called erythema migrans (or EM), at the site of the bite. To qualify as an EM, the rash must be at least two inches in diameter. That is because bites by some tick species can cause local inflammation and redness around the bite that could be mistaken for an EM. Unlike localized inflammation, an EM rash will increase in size and may become more than 12 inches across. As it enlarges, the area around the center of the rash clears, giving it a "bull's eye" appearance. The EM rash does not itch or hurt so if it is not seen, it may not be noticed. In addition to an EM rash, Lyme disease may cause headache, fever, muscle and joint aches, and a feeling of tiredness. If left untreated, Lyme disease may progress to affect the joints, nervous system, or heart several weeks to months after the tick bite. In a small percentage of infected people, late symptoms may occur months to years later and cause long-term nervous system problems or arthritis.



EM Rash

# PREVENTING TICK-BORNE DISEASES IN VIRGINIA

Unfortunately, blacklegged tick nymphs are small (about the size of a pinhead), difficult to see, and cause no itch or irritation at the site of the bite, so many people are not aware they have been bitten. If you have been in an area that might contain ticks and you experience any symptoms of Lyme disease, contact your doctor.

## The Treatment

When Lyme disease is detected early, its effects can be mild and easily treated with antibiotics. In the late stages, Lyme disease can be treated successfully with antibiotics, but recovery may take considerably longer.

## Rocky Mountain Spotted Fever

Rocky Mountain spotted fever (RMSF) is caused by infection with a bacterium called *Rickettsia rickettsii*. The disease is characterized by a sudden onset of symptoms and can be fatal if not treated. Nearly all cases occur in the spring and summer months.

## The Tick

In Virginia, the American dog tick (*Dermacentor variabilis*) is the species known to carry the agent of Rocky Mountain spotted fever. The tick needs to feed on a host/person for only about four hours to transmit the bacteria. Fortunately, less than 1% of American dog ticks carry the agent of RMSF.

## The Symptoms

Symptoms of Rocky Mountain spotted fever begin 2-14 days after the tick bite, and may include fever, deep muscle pain, severe headache, chills, and upset stomach or vomiting. From the third to fifth day of illness a red, spotted rash may appear, beginning on the wrists and ankles. The rash spreads quickly to the palms of the hands and soles of the feet and then to the rest of the body. However, only about half of RMSF patients develop a rash.

## The Treatment

Antibiotic treatment for RMSF is effective, and suspected RMSF should be treated as soon as possible based on symptoms and a history of tick exposure. The risk of death from RMSF increases by the fifth day of illness - but the rash often does not occur until that time. Therefore, do not wait for RMSF blood test results, or the appearance of a rash, before starting treatment. Treatment is important; almost one-third of those who do not get treated die from this disease.

## Ehrlichiosis and Anaplasmosis

Although several diseases can be caused by bacteria in the *Ehrlichia* and *Anaplasma* genera, the most common in Virginia are human monocytic ehrlichiosis (HME) and human granulocytic anaplasmosis (HGA). HME is transmitted only by the lone star tick (*Amblyomma americanum*) and most commonly by bites from adult ticks. Lone star ticks are very common and are responsible for the most tick bites to people in Virginia. HGA is transmitted only by the blacklegged tick (most commonly by bites from nymphal stage ticks). The bacteria causing HME or HGA will not be transmitted unless the infected tick has been attached and feeding for at least 24 hours.

## The Symptoms

Symptoms for both HME and HGA can include fever, headache, muscle pain, vomiting, and general discomfort. Illness can be severe - up to 3% of patients may die if not treated.

## The Treatment

HME and HGA respond rapidly to treatment with antibiotics. Treatment should be based on symptoms (including platelet and liver enzyme tests) and history of tick exposure. Treatment should not be delayed while waiting for ehrlichiosis- or anaplasmosis-specific serology results.

## Other Diseases

Ticks can transmit other diseases, such as tularemia (rabbit fever) and babesiosis. Neither of these illnesses is common in Virginia. Tularemia is a bacterial disease that has a sudden onset of fever and chills. Typically, an ulcer develops at the site of the tick bite and surrounding lymph nodes become enlarged. Tularemia is a serious illness and untreated cases may be fatal. Tularemia is most commonly associated with the American dog tick, but may also be transmitted by the lone star tick. Babesiosis is caused by a parasite that infects red blood cells. The babesiosis agent is transmitted only by infected black legged ticks. Symptoms include fever, chills, muscle aches, fatigue, and jaundice. Fatalities may occur in immunocompromised or splenectomized patients.

## Spotted rash on arm and hand of RMSF patient.



# PREVENTING TICK-BORNE DISEASES IN VIRGINIA

## Prevention

Ticks do not jump or fly; they wait on the forest floor, leaf litter, or low vegetation and attach to the feet or shoes of people or legs of animals as they pass by. The ticks then crawl upward.

The following steps can reduce your risk of tick-borne diseases:

- Avoid potential tick habitats such as tall grass and vegetation in shaded areas, forests, and along forest edges.
- Walk in the center of mowed trails to avoid brushing against vegetation.
- Keep grass cut and underbrush thinned in yards. If pesticides are used for tick control, follow directions carefully or hire a professional to apply the pesticide.
- Eliminate wood piles and objects that provide cover and nesting sites for small rodents around your property.
- Wear light-colored clothing so that ticks are easier to see and remove.
- Tuck pant legs into socks and boots, tuck shirts into pants, and wear long-sleeved shirts buttoned at the wrist.
- Conduct tick checks on yourself and your children every four to six hours while in tick habitat.
- Apply tick repellent to areas of the body and clothing that may come in contact with grass and brush. Repellents include those containing up to 50% DEET for adults or less than 30% for children. An aerosol repellent/insecticide containing 0.5% permethrin may be applied to shoes, socks, and other clothing, but should not be used on skin. Follow directions carefully and do not overuse. Some tick repellents can cause toxic or allergic reactions.
- Ask your veterinarian to recommend tick control methods for your pets. Animals can get Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis, but they do not transmit these diseases to humans.

## Tick Removal

Because ticks do not transmit disease until they have been attached to the host for several hours or several days, it is very important to remove ticks as soon as they are found. The following is the best way to remove a tick:

- Grasp the tick with tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Avoid any twisting or jerking motion that may break off the mouth parts in the skin. Mouth parts left in the wound may cause irritation or infection similar to a reaction from a splinter.
- If tweezers are not available, protect your fingers with gloves, tissue, or a paper towel; do not touch the tick with bare fingers. Do not squeeze or rupture the tick's swollen abdomen. This may cause an infectious agent to contaminate the bite site and cause disease.
- After the tick has been removed, wash hands with soap and water. Apply a topical antiseptic to the bite site.
- You can dispose of the tick by drowning it in alcohol or flushing it down a drain or toilet. However, it may be useful to save the tick in alcohol for several weeks and have it identified by an expert in case you become ill. Knowing what kind of tick bit you might help your doctor diagnose the illness..
- Tick removal using nail polish, petroleum jelly, alcohol or a hot match is not safe. These methods could cause the tick to regurgitate an infectious agent into the site of the bite.

[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

April 2010



# The F.A.C.S. of Life

*A Newsletter about Woodgrove High School's  
Family and Consumer Science Department*

Volume 1, Issue 1

October 2012

## Buy The Stuff You Love Without Getting Ripped Off!

Imagine being so popular that people spend millions of dollars thinking up ways to get you to pay attention to them. You're that popular! Businesses spend millions of dollars in marketing each year to get consumers to spend billions of dollars on merchandise or services retailers convince consumers they need or deserve.

Each year more and more Americans find their way into debt through unnecessary purchases. How? The biggest offender is credit cards. The average Annual Percentage Rate (APR) of credit cards issued to teens and young adults is 20%. That means it costs a consumer \$20 for every \$100 he/she charges. At this rate, a \$500 shopping spree one Saturday afternoon will end up costing a consumer \$100 over the course of one year. Even more shocking is how long it takes a consumer to pay off \$600 if he/she only paid the minimum balance each month (roughly five years assuming no more charges were made).

However, credit cards aren't all bad. Many offer consumer protection against fraudulent purchases and product/service quality. For example, if you purchase a DVD player using a credit card and it doesn't work correctly, the credit card company will aid in finding a solution to your problem if the store in which the DVD player was purchased refuses to offer a refund or replacement. Credit cards

also provide consumers with the ability to purchase large ticket items without having to carry around cash. Unfortunately, credit cards are all too often used to buy everyday purchases. These purchases range from a trip to Target ® to purchases at the grocery store and McDonalds ®. These types of purchases are what build up over time and send Americans into debt.

Consumer issues such as these are taught in a FACS course called *Personal Finance*. Students learn to identify sales traps and marketing gimmicks, they also learn money management and the pit falls of using credit cards to make purchases. Other topics taught in Personal Finance include savings and investment opportunities, money management, and entrepreneurship.

Some of the tips given to students on consumerism are listed below.

### Consumer Tips

- Do your homework. It pays to complete a product analysis before making any purchase. Use *Consumer Reports* for such comparisons.
- Think about it. After completing the research, take some time to think before you buy.
- Bring a friend. Preferably a tightwad friend! Share your purchasing woes with a friend; he/she will hopefully guide you to make sound consumer decisions.
- Leave your money at home. Don't carry any cash until you're ready to



buy. You're much less likely to buy something on impulse if you don't have any cash on you. If you come across something you *have* to buy, have the store hold it for you while you think about it and do some comparison shopping.

### **Sales Traps to Avoid and Tips to Help:**

- Most stores are designed to get you to buy as much as possible.  
Make a list and bring only enough cash to purchase those items
- Stores often make false promises that their prices are the "lowest"  
Do your homework and find the store that actually has the lowest price.  
Leave cash at home until you find the store with the lowest price.
- A store advertises a sale on certain products to lure consumers in.  
Call ahead to make sure the product you're interested in purchasing is in stock. If not, inquire about a rain check.
- Sales clerks often try to sell additional accessories or warranties at the last minute.  
Price shop for extras as well as the main product. Review the information about a warranty before making the purchase.
- Labels and advertisements often use impressive sounding words that mean nothing.  
Learn the lingo! For example, no amount of shampoo or conditioner can "revitalize" hair. Hair is dead! The only living part of hair is the follicle (or root) in a person's head and the only thing that can nourish it is a healthy diet.  
Try before you buy. Try out a demo before purchasing the product for yourself.  
Find out the pros and cons of each product before making the purchase.
- Companies use the names and faces of your favorite celebrities to lure you in.

- What's in today may be out tomorrow! Be cautious about such purchases, a star that is popular today may not be in a few months, leaving you with a relic.

For other consumer tips, visit [www.consumerreports.com](http://www.consumerreports.com).

**Woodgrove High School**  
**Family and Consumer Science Department**  
 Mrs. Kathleen Bohnsack  
[Kathleen.Bohnsack@lcps.org](mailto:Kathleen.Bohnsack@lcps.org)  
 Dr. Karen Curtis  
[Karen.Curtis@lcps.org](mailto:Karen.Curtis@lcps.org)

### **Get Involved!**

**FCCLA** membership drive is currently underway. Become a member of this dynamic student leadership organization. Learn more at [virginiafccla.org](http://virginiafccla.org) or [fcclainc.org](http://fcclainc.org).

Virginia FCCLA Day at the State Fair is **October 3<sup>rd</sup>**! A field trip is planned for this day for all current FCCLA members. Contact Dr. Curtis or Mrs. Bohnsack for membership details.



### **Get Involved!**

**FEA** membership drive is currently underway! Become a member of this national organization whose focus is on building skills necessary to be a successful educator. Learn more at [futureeducators.org](http://futureeducators.org). Contact Mrs. Bohnsack or Dr. Curtis for membership details!



# Graphing Calculator Information



The graphing calculator is an integral tool of an algebra based math course. Although students will have access to a graphing calculator in their math class, it is very beneficial for students to have access to a graphing calculator outside of school. The graphing calculator allows students to explore functions, analyze data and model real-world applications efficiently and accurately. Because of the graphing calculator, students are able to draw connections between functions, their graphs and solutions.

At Woodgrove the students will be using the **TI-Nspire** calculator so that students are able to use the familiar TI-84 faceplate or the more advanced TI-Nspire faceplate depending on the course. Many students are electing to purchase the **TI-Nspire CX**, which has a full color display and rechargeable batteries, but this calculator does not have an interchangeable faceplate. Students that are enrolled in a higher mathematics course may benefit from the **TI-Nspire CAS**, which has advanced capabilities, but this calculator is not permitted on standardized tests such as the SOL and SAT. As always, the **TI-84** and **TI-84+** calculators are also adequate for all courses.

In the end, your child will benefit from any graphing calculator; the decision is up to you and your child. If you have any questions, please consult your child's teacher or the math department chair, Kelly Gresh. Please support the Woodgrove mathematics department by bringing in your proof of purchase and TI points for TI rewards.

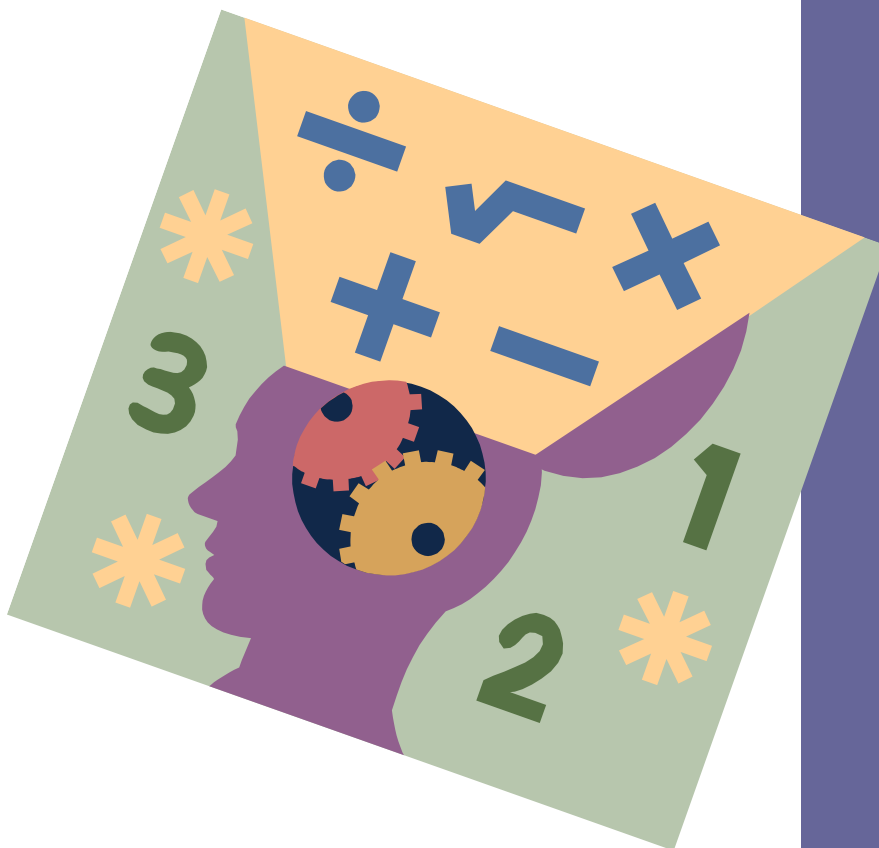
## Virginia Math League Contests

The students of Woodgrove would like to continue their success in the Virginia Math League Contest. A number of schools in Loudoun County participate in the Virginia Math League. It is a great way to challenge your child to think creatively and a great way for friendly competition between different schools. The contests are free and offered during open lunch. Students should seek further information from their current math teacher. The first contest of the 2012-2013 school year will be Tuesday, October 16. Listen to announcements as the day approaches. There will also be additional information on the mathematics website. Bring a pencil, bring a calculator, bring a friend.

# Mu Alpha Theta

Mu Alpha Theta is the National High School Mathematics Honor Society. The chapter is dedicated to inspiring keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school. Mu Alpha Theta achieves these goals by:

- Providing a method for schools to recognize and encourage those students who enjoy and excel in mathematics.
- Organizing a National Convention for students and teachers to participate in math-related events and interact with others from across the country.
- Rewarding outstanding extracurricular achievement by offering special awards to both students and their faculty advisors.
- Providing mathematics competitions to participating members at their own school through the Log 1 Contest, the Rocket City Math League, and the Presentation Contest.



Earlier this month, the 2012-2013 Mu Alpha Theta officers were elected by the club members. The officers are as follows:

**Luke Segerdahl, President;**

**Emily Beisler, Vice President;**

**Ben Browning, Treasurer;**

**Lindsay Vander Molen and Carolyn Saunders, Co-Secretaries;**

**Justin Virts, Historian.**

The students are excited about the upcoming year. One of the focuses for the members of Mu Alpha Theta will be to help the students of Woodgrove be successful in their math classes through peer tutoring. There will be more information on the website.

## *There is a new club at* **WHS**

**The Stand Up To Cancer club will allow students to gain volunteer hours and participate in fund raisers where 100% of the money raised will go towards curing cancer. Anyone may join our team or donate to help us reach our goals. Please see our information page at:**

**<http://www.standup2cancer.org/custom/?c=team&a=index&id=7571>**

**Encourage your son or daughter to become a part of our club and make a difference! Contact Tom Clawson ([tclawson@lcps.org](mailto:tclawson@lcps.org)) for more information regarding the club.**



***Thank you for joining in the fight for a cure!***



# **News from the Reading Resource Room**

## **Reading and Study Strategies Website**

Useful strategies for reading textbooks and studying are posted on the Woodgrove High School website.

*Go to the Woodgrove High School Website*

Click on the Academics tab

Click on Reading and Study Strategies

Click on any of the study strategies or textbook reading tips.

## **Parent Volunteers are needed to laminate and prepare instructional materials**

Parent volunteers are needed to laminate, cut, and prepare instructional materials that will be used for cooperative learning activities. Please contact [Jane.Haugh@lcps.org](mailto:Jane.Haugh@lcps.org) if you are interested in preparing instructional materials in your home or at school.

## **BATTLE OF THE BOOKS TEAM NEEDS PARENT VOLUNTEERS**

### **Create trivia questions for the Battle of the Books competition**

If you like to read and enjoy competition, we need you! Parent volunteers are needed to read the books selected for the Battle of the Books competition and prepare trivia questions that our team will use to prepare for the spring LCPS high school competition. Our Battle of the Books team is striving to answer the most trivia questions and win the Golden Book Award. Please contact [Jane.Haugh@lcps.org](mailto:Jane.Haugh@lcps.org) if you are interested in reading the selected books and preparing trivia questions for our team. THANKS

### **Help plan, prepare, and manage the Battle of the Books luncheon**

Volunteer parents are needed to help our team plan, prepare, and manage a luncheon for the students participating in the **Semi-Final Battle of the Books Competition** to be held at Woodgrove High School on **Wednesday, March 20<sup>th</sup>**. Please contact [Jane.Haugh@lcps.org](mailto:Jane.Haugh@lcps.org) if you are interested in helping our team plan, prepare, and coordinate this luncheon. THANKS

# High School Lunch Cycle Menu 2012-2013

## Week of October 1st

<b>Hot Meal Line:</b> Chipotle Chicken Chunks w/ Asian Noodles WG (1 cup) Teriyaki or Orange Chicken w/ Asian Noodles WG (1 cup)	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WW Pretzel Rod (2) Breaded Mozzarella Sticks with Marinara Sauce w/WW Pretzel Rod (1)	<b>Hot Meal Line:</b> Chicken Tenders w/Brown Rice (1 cup) WG Chicken Fajita Rice Bowl (1 cup) WG	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WG Roll Cheese Ravioli (4) WG	<b>Hot Meal Line:</b> BBQ Chicken Chunks w/ WG Roll Hot Dog on WG Bun & WW Pretzel Rod (1) Corn Dog
<b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub	<b>Sandwich Line:</b> Grilled Chicken Filet on GW Bun Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub	<b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun Fish Filet on WG Bun
<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Stuffed Crust Pizza Cheese & Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW
<b>All Lines:</b> SunButter & Jelly Sandwich WW Ham & Cheese Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Cobb Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Salad Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Chicken Caesar Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Turkey Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Fruit Salad with Yogurt	<b>All Lines:</b> SunButter & Jelly Sandwich WW Tuna Salad Sub Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Asian Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Caesar Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Tuna Salad
<b>Choose Four Sides:</b> Steamed Green Beans Sweet Potatoes Fresh Vegetable Salad Chilled Pineapple Assorted Fresh Fruit	<b>Choose Four Sides:</b> Baked Potato with Sour Cream Green Leaf & Spinach Salad Celery & Carrots with Ranch Chilled Mandarin Oranges Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Corn Steamed Black Beans Fresh Broccoli Bites Chilled Mixed Fruit Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Broccoli Steamed Green Peas Celery & Carrots with Ranch Chilled Applesauce Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Baby Carrots Steamed Spinach Fresh Vegetable Salad Chilled Peaches Assorted Fresh Fruit

# High School Lunch Cycle Menu 2012-2013

## Week of October 8th

<b>Hot Meal Line:</b> Chipotle Chicken Chunks w/WW Pretzel Rod (2)  Macaroni & Cheese w/WW Pretzel Rod (1)  <b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Ham & Cheese Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Cobb Salad  <b>Choose Four Sides:</b> Steamed Broccoli Sweet Potatoes Fresh Vegetable Salad Chilled Pineapple Assorted Fresh Fruit	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WG Roll Pork BBQ on WG Bun     <b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Salad Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Chicken Caesar Salad  <b>Choose Four Sides:</b> Coleslaw AuGratin Potatoes Celery & Carrots with Ranch Chilled Pears Assorted Fresh Fruit	<b>Hot Meal Line:</b> Chicken Tenders w/Garlic Bread (1 - sub roll)  Taco Pie WG w/Garlic Bread (1/2 - sub roll)  <b>Sandwich Line:</b> Grilled Chicken Filet on WG Bun Cheeseburger on WG Bun  <b>Pizza Line:</b> Stuffed Crust Pizza Cheese & Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Turkey Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Fruit Salad with Yogurt  <b>Choose Four Sides:</b> Vegetarian Baked Beans Steamed Spinach Fresh Vegetable Salad Chilled Mandarin Oranges Assorted Fresh Fruit	<b>Hot Meal Line:</b> Buffalo Chicken Chunks with Spaghetti with Marinara (1 cup) Spaghetti w/ Meatballs (1 cup) Spaghetti w/ String Cheese and Marinara Sauce WG (1 cup)  <b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Tuna Salad Sub Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Asian Salad  <b>Choose Four Sides:</b> Steamed Corn Green Leaf and Spinach Salad Celery & Carrots with Ranch Chilled Mixed Fruit Assorted Fresh Fruit	<b>Hot Meal Line:</b> BBQ Chicken Chunks w/ WW Pretzel Rod (2)  Chicken & Cheese Enchilada w/WW Pretzel Rod (1)  <b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun Fish Filet on WG Bun  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Caesar Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Tuna Salad  <b>Choose Four Sides:</b> Steamed Green Beans Steamed Baby Carrots Fresh Vegetable Salad Chilled Peaches Assorted Fresh Fruit
---	--	---	---	---

# High School Lunch Cycle Menu 2012-2013

## Week of October 15th

<b>Hot Meal Line:</b> Chipotle Chicken Chunks w/WW Pretzel Rod (2)  Lasagna Rollup with Marinara Sauce WG w/WW Pretzel Rod (1)	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/WG Roll Turkey & Dressing (2 grn stuff)	<b>Hot Meal Line:</b> Chicken Tenders w/Garlic Bread (1-sub roll)  Beef Soft Taco WG w/Garlic Bread (1/2 - sub roll)  Bean Soft Taco WG w/Garlic Bread (1/2 - sub roll)	<b>Hot Meal Line:</b> Buffalo Chicken Chunks with Spaghetti with Marinara (1 cup) Chicken Parmesan with Marinara Spaghetti Noodles WG (1 cup) (breakfast filet .5 oz cheese)	<b>Hot Meal Line:</b> BBQ Chicken Chunks w/WW Pretzel Rod (2)  Beef Nachos with Tortilla Chips (2 grain)
<b>Sandwich Line:</b> Spicy Chicken Filet on  Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun  Steak & Cheese Sub  Pork BBQ Rib Sub	<b>Sandwich Line:</b> Grilled Chicken Filet on GW  Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun  Steak & Cheese Sub  Pork BBQ Rib Sub	<b>Sandwich Line:</b> Spicy Chicken Filet  Cheeseburger on WG Bun Fish Filet on WG Bun
<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Stuffed Crust Pizza Cheese & Pepperoni Pizza	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza
<b>All Lines:</b> SunButter & Jelly Sandwich WW Ham & Cheese Wrap  Yogurt, String Cheese & WG Bagel  Vegetarian/Hummus Salad Traditional Chef Salad  Cobb Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Salad Sandwich  Yogurt, String Cheese & WG Bagel  Vegetarian/Hummus Salad Traditional Chef Salad  Chicken Caesar Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Turkey Sandwich  Yogurt, String Cheese & WG Bagel  Vegetarian/Hummus Salad Traditional Chef Salad  Taco Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Tuna Salad Sub  Yogurt, String Cheese & WG Bagel  Vegetarian/Hummus Salad Traditional Chef Salad  Asian Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Caesar Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Tuna Salad
<b>Choose Four Sides:</b>  Steamed Corn  Sweet Potato Souffle  Fresh Vegetable Salad  Chilled Applesauce  Assorted Fresh Fruit	<b>Choose Four Sides:</b>  Mashed Potatoes  Green Leaf & Spinach  Chilled Pears  Celery & Carrots with Ranch Assorted Fresh Fruit	<b>Choose Four Sides:</b>  Refried Beans  Lettuce, Tomato & Cheese  Fresh Vegetable Salad  Chilled Mandarin Oranges Assorted Fresh Fruit	<b>Choose Four Sides:</b>  Steamed Broccoli  Steamed Spinach  Celery & Carrots with  Chilled Pineapple Assorted Fresh Fruit	<b>Choose Four Sides:</b>  Steamed Green Beans Steamed Baby Car-  Fresh Vegetable  Chilled Peaches Assorted Fresh Fruit

# High School Lunch Cycle Menu 2012-2013

## Week of October 22nd

<b>Hot Meal Line:</b> Chipotle Chicken Chunks w/ Asian Noodles WG (1 cup) Teriyaki or Orange Chicken w/ Asian Noodles WG (1 cup)	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WW Pretzel Rod (2) Breaded Mozzarella Sticks with Marinara Sauce w/WW Pretzel Rod (1)	<b>Hot Meal Line:</b> Chicken Tenders w/Brown Rice (1 cup) WG Chicken Fajita Rice Bowl (1 cup) WG	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WG Roll Cheese Ravioli (4) WG	<b>Hot Meal Line:</b> BBQ Chicken Chunks w/ WG Roll Hot Dog on WG Bun & WW Pretzel Rod (1) Corn Dog
<b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub	<b>Sandwich Line:</b> Grilled Chicken Filet on GW Bun Cheeseburger on WG Bun	<b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub	<b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun Fish Filet on WG Bun
<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Stuffed Crust Pizza Cheese & Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW	<b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW
<b>All Lines:</b> SunButter & Jelly Sandwich WW Ham & Cheese Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Cobb Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Salad Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Chicken Caesar Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Turkey Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Fruit Salad with Yogurt	<b>All Lines:</b> SunButter & Jelly Sandwich WW Tuna Salad Sub Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Asian Salad	<b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Caesar Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Tuna Salad
<b>Choose Four Sides:</b> Steamed Green Beans Sweet Potatoes Fresh Vegetable Salad Chilled Pineapple Assorted Fresh Fruit	<b>Choose Four Sides:</b> Baked Potato with Sour Cream Green Leaf & Spinach Salad Celery & Carrots with Ranch Chilled Mandarin Oranges Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Corn Steamed Black Beans Fresh Broccoli Bites Chilled Mixed Fruit Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Broccoli Steamed Green Peas Celery & Carrots with Ranch Chilled Applesauce Assorted Fresh Fruit	<b>Choose Four Sides:</b> Steamed Baby Carrots Steamed Spinach Fresh Vegetable Salad Chilled Peaches Assorted Fresh Fruit

# High School Lunch Cycle Menu 2012-2013

## Week of October 29th

<b>Hot Meal Line:</b> Chipotle Chicken Chunks w/WW Pretzel Rod (2)  Macaroni & Cheese w/WW Pretzel Rod (1)  <b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Ham & Cheese Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Cobb Salad  <b>Choose Four Sides:</b> Steamed Broccoli Sweet Potatoes Fresh Vegetable Salad Chilled Pineapple Assorted Fresh Fruit	<b>Hot Meal Line:</b> Buffalo Chicken Chunks w/ WG Roll Pork BBQ on WG Bun     <b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Salad Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Chicken Caesar Salad  <b>Choose Four Sides:</b> Coleslaw AuGratin Potatoes Celery & Carrots with Ranch Chilled Pears Assorted Fresh Fruit	<b>Hot Meal Line:</b> Chicken Tenders w/Garlic Bread (1 - sub roll)  Taco Pie WG w/Garlic Bread (1/2 - sub roll)  <b>Sandwich Line:</b> Grilled Chicken Filet on WG Bun Cheeseburger on WG Bun  <b>Pizza Line:</b> Stuffed Crust Pizza Cheese & Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Turkey Sandwich Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Fruit Salad with Yogurt  <b>Choose Four Sides:</b> Vegetarian Baked Beans Steamed Spinach Fresh Vegetable Salad Chilled Mandarin Oranges Assorted Fresh Fruit	<b>Hot Meal Line:</b> Buffalo Chicken Chunks with Spaghetti with Marinara (1 cup) Spaghetti w/ Meatballs (1 cup) Spaghetti w/ String Cheese and Marinara Sauce WG (1 cup)  <b>Sandwich Line:</b> Chicken Filet on WG Bun Steak & Cheese Sub Pork BBQ Rib Sub  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Tuna Salad Sub Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Asian Salad  <b>Choose Four Sides:</b> Steamed Corn Green Leaf and Spinach Salad Celery & Carrots with Ranch Chilled Mixed Fruit Assorted Fresh Fruit	<b>Hot Meal Line:</b> BBQ Chicken Chunks w/ WW Pretzel Rod (2)  Chicken & Cheese Enchilada w/WW Pretzel Rod (1)  <b>Sandwich Line:</b> Spicy Chicken Filet on WG Bun Cheeseburger on WG Bun Fish Filet on WG Bun  <b>Pizza Line:</b> Cheese Pizza WW Pepperoni Pizza WW  <b>All Lines:</b> SunButter & Jelly Sandwich WW Chicken Caesar Wrap Yogurt, String Cheese & WG Bagel Vegetarian/Hummus Salad Traditional Chef Salad Tuna Salad  <b>Choose Four Sides:</b> Steamed Green Beans Steamed Baby Carrots Fresh Vegetable Salad Chilled Peaches Assorted Fresh Fruit
---	--	---	---	---