



WOODGROVE HIGH SCHOOL

Volume 1, Issue 1

August 15, 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,

Welcome to Woodgrove High School - what an exciting year this will be as we're celebrating our third year serving this outstanding western Loudoun community! I certainly hope everyone had a wonderful summer break and took time to refresh themselves for what is sure to be another tremendous year at Woodgrove. I am excited to be at Woodgrove, and I am looking forward to seeing the students and all the other members of the Woodgrove family back together again on August 27, the first day of school. Our enrollment for the first day is projected to be nearly 1500 students, and our mission will be to continue to provide a challenging curriculum and innovative instruction to our students in an environment which is safe and nurturing. We are determined to provide a rigorous curriculum to all our students.

This year we will be sending out an on-line monthly newsletter from the school which will be accessible on our school website. The purpose of this newsletter is to share information about Woodgrove which will include the activities at the school, upcoming events and important dates. We certainly also will be highlighting our students' successes as we move through the year. In addition, organizations supporting the school, such as the Parent, Teacher, Student Organization (PTSO), the Woodgrove Music and Arts Association (WMAA) and the Woodgrove Wolverine Athletic Booster Club (WWABC) may also have information included in this newsletter. If you would like a hard copy of the newsletter mailed to you, please contact Ms. Charlotte Lemley at 540 751 2600.

Inside this newsletter you will find school information which will assist you and your son or daughter in preparing for school. The 2012-2013 school calendar, bus schedules, bell schedule, dress code, lunch menu and other school information articles can be found within. Please review the bus routes (see page 15 for link). Also, please be sure to discuss with your son/daughter the safest route to the bus and proper behavior. Students must conduct themselves appropriately to and from school and at the bus stops. If you have any questions please call the school. Likewise, for students who are driving to school, parents should discuss the safest route to school. Students who are driving to school must also purchase a parking permit – these may be purchased in the main office.

CONTINUED, Page 2

Continued from page 1

We have many exciting activities and initiatives planned for this year. We will share information with you in our newsletters, on our website and through information we send home with your son or daughter. In addition, teachers will be posting any homework assignments on their school website this year.

As we prepare for the opening of school, student schedules will be mailed on August 13. We have scheduled two fix days with our guidance counselors on August 17, 9 AM – 4 PM, and August 23, 9 AM -12 PM. Students may come to Woodgrove on those days to work with their guidance counselor to ensure their schedule is correct. Please note that the purpose of these days is to take care of any errors that may be noticed – these days are not for changing course selections.

Once we have all the schedules ready to go, we'll be ready for our Orientation and Kick-off Celebration. We are inviting all students and parents/guardians to Woodgrove on Friday, August 24. The Orientation for rising freshman will be from 1:30 PM – 3:30 PM, and 3 PM – 4 PM for sophomores, juniors and seniors. Our Kickoff Celebration will begin in the staff parking lot behind the school at 3:30 PM, and will culminate with our Woodgrove Wolverine Band leading us to the stadium for our opening football game against Jefferson. There are a number of activities planned for this afternoon and additional details regarding this eventful day are included in this newsletter.

The first day of school, August 27, will be an “A” day, with blocks 1-4 meeting. All students must report to their assigned homeroom. The second day of school will be a “B” day, with blocks 5-8 meeting. School will begin at 8:55 AM and end at 3:43 PM. Students will be allowed in the building at 8:00 AM. We will continue to follow the alternating day A/B schedule. Since each block is eighty-six minutes, attendance is critical. If your child must miss school, please call the school.

Also this year, parents and guardians will have access to their son or daughter's grade through Clarity. Regarding Clarity, the LCPS website indicates, “Loudoun County Public Schools (LCPS) uses a secure, web-based, hosted application for assignments, assessments and grades called CLARITY. CLARITY is an acronym which stands for: Curriculum, Lesson Plans, Assessments and Reports for Instructors Teaching Youth. LCPS will open the CLARITY Parent Portal to grades 3-12 parents in October of 2012. Through the Parent Portal, parents will be able to view components of a teacher's grade book related to their child and sign up for automated reports that can be sent to them via email.” Clarity will be accessible to parents/guardians beginning on October 3. Parents/guardians will have to complete the Parent Access Request Form for each child. These forms will be sent home in the first day packets and we will have the forms available on our website. In addition, we will be hosting a parent meeting to present Clarity and answer any questions on Thursday, September 20, at 7 PM, in the Woodgrove High School auditorium.

We have had a few staffing changes for the upcoming year, and we have welcomed new staff to our team. We have included a listing of all new staff and their positions in this newsletter.

I certainly hope you find this information useful. If you have any questions or concerns, please call the school at 540 751 2600. You also may visit our website. Please continue to be involved with our school - the next PTSO meeting for this year will be Tuesday, September 4, at 7:00 PM. Please mark that date on your calendar and we hope you will be able to attend.

Sincerely,

William S. Shipp
Principal

Table of Contents

Page 1.....	Mr. Shipp's Welcome Letter
Page 2.....	Mr. Shipp's Welcome Letter (page 2)
Page 3.....	Index
Page 4.....	Welcome New Staff Members
Page 5.....	Bus Schedule Information (Link)
Page 6.....	Bell Schedule
Page 7.....	Dress and Grooming
Page 8.....	Student Orientation (August 24th)
	Picnic in the park
	Schedule change dates
Page 9.....	Counselor Assignments
Page 10.....	Absentee Process
Page 11.....	PIMS (Parent Information Management System)
Page 12.....	Senior Information (Including Senior Dues)
Page 13.....	Class Sponsors
	School Store
Page 14.....	Parking Permit
Page 15.....	Bus Schedule Information (Link)
Page 16.....	Insurance (Student Accident) - English
Page 17.....	Insurance (Student Accident) - Spanish
Page 18.....	Insurance (Personal Property) - English
Page 19.....	Insurance (Personal Property) - Spanish
Page 20.....	PTSO Letter
	Woodgrove Weekly Sign-Up (Link)
Page 21.....	PTSO Meeting Information
	PTSO Membership Information
Page 22.....	Lunch Menu—Week 1
Page 23.....	- Week 2
Page 24.....	- Week 3
Page 25.....	Clinic Information
Page 26.....	Clinic Information—Continued
Page 27.....	Clinic - Scoliosis Information
Page 28.....	Clinic - Scoliosis Information (Spanish)
Page 29.....	Clinic - Preventing Tick-Borne Diseases In Virginia
Page 30.....	Clinic - Preventing Tick-Borne... <i>continued</i>
Page 31.....	Clinic - Preventing Tick-Borne... <i>continued</i>



Woodgrove High School 2012-2013 New Staff

ASL	Leonard Granda
CTE	John Jose
English	Andrea Elbaum
	Maria Mrozowski
	Joanna Cona
Guidance	Barbara Bell
	Donna Kelly
Math	Heather Esfandiani
Music	Romana Hartmetz
PE	Mike Skinner
Science	John Lanham
Social Studies	Andrew Skinner
	Samantha Zoller
Special Education	Pamela Darden
	Dean - Avery Greene
	TA - Pam Newcomer
Vision	Laura Spears
	Valerie Shoenfeld
	Gayle Shaffer

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	MOVEABLE STUDENT HOLIDAY** (Planning/Records/Conference Day)
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 st Period	9:08-10:33	5 th Period
	10:38-12:05	2 nd Period	10:38-12:05	6 th 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 rd Period	12:48-2:13	7 th Period
	2:18-3:43	4 th Period	2:18-3:43	8 th Period

REGULAR DAY SCHEDULE Regular Lunch <u>3 Shifts</u>	8:55-9:03	Homeroom	8:55-9:03	Homeroom
	9:08-10:34	1 st Period	9:08-10:34	5 th Period
	10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex*
	12:10-2:12	3 rd Period	12:10-2:12	7 th Period
	<u>Lunch</u> 12:10-12:40 12:56-1:26 1:42-2:12	Shift I Shift II Shift III	<u>Lunch</u> 12:10-12:40 12:56-1:26 1:42-2:12	Shift I Shift II Shift III
	2:17-3:43	4 th Period	2:17-3:43	8 th 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 st Period	10:08-11:18	5 th Period
	11:23-12:35	2 nd Period	11:23-12:35	6 th 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 rd Period	1:18-2:28	7 th Period
	2:33-3:43	4 th Period	2:33-3:43	8 th Period

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

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.



Woodgrove High School 2012 Student Orientation

Please join us on August 24th for our 3rd annual student orientation.

1:30—3:30

9th graders and new students are invited to pick up their schedules, walk the building and stop in to meet their teachers.

3:00—4:00

Upperclassmen are invited to pick up their schedules and stop in to say hello to their teachers.

We will hold 2 “Fix Days” for schedule errors. Please stop in to meet with your counselor. This time is allotted for scheduling corrections only.

Picnic in the Parking Lot

On the Grounds of Woodgrove High School

Friday, August 24, 2012

3:30 – 6:15 p.m. (Band will lead crowd to Varsity Football Game)

Rain or Shine

- oo A Pot-Luck Evening Picnic – bring your lawn chairs and blankets
 - oo Hamburgers/hotdogs grilled and provided by our Sports Boosters- WWABC
 - oo Sand Volleyball, Ladder ball, and Games Galore
 - oo Meet/greet the Woodgrove Teachers and Staff – donned in our spirit wear
 - oo Get a “Woodgrove – W – Tattoo”
 - oo Visit our “Get Wild” station in order to get your WILD gear for the game
- Music- professional DJ

We are asking for your generous support with the Pot-Luck Evening Picnic in the following manner (each dish should serve approximately 10 adults—please drop off dishes in the faculty lot):

1. Families with rising Freshmen – please bring a Side Dish-beans, mac & cheese, etc.
2. Families with Sophomores – please bring Salads-macaroni, pasta, greens, etc.
3. Families with Juniors – please bring a Dessert or Hors d’oeuvres/Chips/Dip
4. Families with Seniors- please bring Paper Products- plastic ware, plates, napkins

Picnic in the Park plans to be a wonderful evening for Woodgrove to visit with our community. We thank you for your continued support and look forward to seeing everyone on August 24, 2012.

News from the WHS Counseling Department



2012-2013 Counselor Assignments

Counselor

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

Ms. Teresa Holland
Ms. Shannon Bak

Serving Students last names:

A-C
D-Hart
Has-Mc
Me-Scott
Se-Z

Administrative Guidance Secretary
Guidance Secretary (AM only)



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.

Scheduling News

Students' schedules will be mailed home on
August 13, 2012.

We will hold 2 "Fix Days" for schedule errors.
Please stop in to meet with your counselor. This
time is allotted for scheduling errors only.

Friday, August 17th from 9:00—3:30

Thursday, August 23rd from 9:00—12:00

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. 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.

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 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.

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,

SHANNON RAINSBERGER

and CAROLINA WELLS

FRESHMEN PATRICIA ALBERT,

and RICH ROVANG



SCHOOL STORE:

The WHS Store - The Den - will be open during our scheduled Open House on Friday, August 24th. The Den will be open from 1:30 pm until 3:30 pm. Stop by to see our new products for the fall. Get your spirit wear in time for the fall athletic season. The store is located in Room 401. See you there!

STUDENT PARKING PERMITS

2012-2013 Student parking permits will be sold beginning Thursday, August 16, 2012 and Friday, August 17, 2012 from 9am-12pm and 1pm-3pm to **Seniors only**.

On Monday, August 20, 2012 from 9am-12pm and 1pm-3pm, permits will be sold to both Juniors and Seniors. You must bring your completed application, payment of \$200 and driver's license with you to obtain a parking permit. Click on the following link to download the application:

[Click here for Parking Permit Application](#)

Or you may find the application on the





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](#)

INSURANCE NOTICE:

Loudoun County Public Schools
Business & Financial Services
Risk Management Office
21000 Education Court, Suite 322
Ashburn, VA 20148
(571) 252-1280** (571) 252-1439 fax



IMPORTANT INSURANCE NOTICE—READ CAREFULLY

Loudoun County Public Schools does not provide medical or accident insurance for students injured while participating in school activities.

Dear Parents and Legal Guardians:

Students are accidentally injured while participating in school activities daily and have, unfortunately, required costly medical attention. Some parents either have no insurance coverage, have bills over-and-above what their insurance will pay, or are requesting that the school system pay the medical bills. **LCPS does not carry medical or accident insurance for students injured at school.**

The Voluntary Student Accident Insurance provided by *K&K Insurance* offers optional benefit plans of coverage from which you may choose to purchase.

If you already have insurance coverage through another policy, these accident plans pay benefits for those eligible expenses **in excess of** and not paid by your primary insurance. If there is no other available insurance to you, the purchase of the Voluntary Student Accident Insurance coverage **will provide primary insurance protection** for the student.

Enrollment forms outlining available benefit options and rates may be obtained from your school or you may go online to www.studentinsurance-kk.com for further details and to purchase coverage. Enrollment in one of these applicable plans should be carefully considered.

Please call the LCPS Risk Management Office if you have any questions or concerns at (571) 252-1280. Thank you.

LA NOTICIA DE SEGURO MÉDICO

Loudoun County Public Schools
Business & Financial Services
Division of Risk Management
21000 Education Court, Suite 322
Ashburn, VA 20148
(571) 252-1280** (571) 252-1439 fax



!!NOTICIA IMPORTANTE!!

Las Escuelas Públicas del Condado de Loudoun no disponen de seguro médico o de accidente para cubrir a los estudiantes cuando se accidentan en la escuela.

Estimados Padres/Guardianes Legales:

Los estudiantes son accidentados accidentalmente en la escuela a diario. Muchos de estos accidentes ocurren durante los juegos normales y actividades de clase. Desafortunadamente, hay muy pocos accidentes que no requieran atención médica la cual puede ser muy costosa. Esta oficina recibe llamadas rutinariamente de padres quienes niños han sido accidentados mientras participaban en actividades escolares y tuvieron que recibir atención médica. Estos padres no tenían seguro o tenían facturas mayores que sobrepasaban lo que el seguro había pagado, y están pidiendo que el sistema escolar paguen estas facturas médicas.

Las Escuelas Públicas del Condado de Loudoun disponen de un seguro de responsabilidad para accidentes que son determinados por un investigador autorizado que hayan sido causados por negligencia absoluta por parte del sistema escolar. Estas son las únicas circunstancias por la cuales el sistema escolar podría pagar las facturas médicas.

El seguro de accidente accidental del estudiante, proveído a través de "*K&K Insurance Company*" ofrece planos de cobertura opcionales de los cuales podría elegir para comprar voluntariamente y directamente a través del seguro financiero.

Si usted ya tiene seguro a través de otra póliza, estos planos de cobertura de accidente pagan beneficios para esos pagos no cubiertos por su otro seguro. Si no tiene ningún otro plan de seguro disponible, invirtiendo una mínima cantidad de dinero ahora en uno de estos planes le podría ahorrar considerables gastos más tarde si tuviese un accidente que requiriese atención médica.

Su registro voluntario en uno de estos planes debe de ser cuidadosamente considerado. Gracias y por favor llame si tiene alguna pregunta o inquietud.

WEBSITE: www.studentinsurance-kk.com

Loudoun County Public Schools
Business & Financial Services
Risk Management Office
21000 Education Court, Suite 322
Ashburn, VA 20148
(571) 252-1280** (571) 252-1439 fax



ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF

**Loudoun County Public Schools' Insurance Does Not Provide Coverage for
Students' and Employees' Personal Property Brought to School.**

Each year the LCPS Risk Management Office receives claims where school students and employees have lost hundreds to thousands of dollars worth of personal property brought to school. Unfortunately, every type of personal property is subject to loss by accident, theft, or vandalism.

Examples of personal property include:

I-pods, I-pads, cell phones, cameras, lap top computers, etc.

SIP (Student Insurance Partners) has been providing insurance programs to thousands of students and staff across the country since 1971. This personal property insurance plan has been utilized at over 1000 colleges and universities and has been made available to public school students, faculty, and staff nationwide.

Losses Covered: The Student Personal Property Plan covers loss or damage, occurring during the policy period, to personal property, which you own or have leased, including items entrusted to you, "worldwide," except as excluded in the "Property Not Covered" and "Special Provisions" sections of the policy. Coverage may be purchased on a "cash value or replacement cost" basis with a deductible as low as **\$50 per occurrence**.

What about Coverage Under Your Homeowners Policy? If you have questions about your homeowner's policy, ask your agent to go to the *SIP* website for more information and then to give you advice. *SIP* is **always primary** to the homeowner's coverage and can be used to cover high insurance deductibles.

For further information on this important coverage please visit www.studentinsurancepartners.com and read about the **Student Personal Property Plan®**. Please call the Risk Management Office at 571-252-1280 if you have any questions or concerns. Thank you.

Las Escuelas Públicas del Condado de Loudoun
Servicios de Negocios y Financieros
División de Administración de Riesgo
21000 Education Court, Suite 322
Ashburn, VA 20148
(571) 252-1280** (571) 252-1439 fax



ATENCIÓN: PADRES Y ESTUDIANTES

El Seguro de las Escuelas Públicas del Condado de Loudoun No Cubre la Propiedad Personal de los Estudiantes Llevada a las Escuelas.

Cada año la división de administración de riesgo recibe reclamaciones explicando que los estudiantes han perdido miles de dólares en propiedad personal llevada a la escuela. Ejemplos de propiedad personal incluye i-pods, teléfonos, cámaras de fotos, ordenadores portátiles. Desafortunadamente, cada tipo de propiedad personal esta sujeta a que sea perdida por accidente, robo ó vandalismo.

SIP ha estado proveyendo programas de seguros a miles de estudiantes alrededor del país desde 1971. El plan de seguro de propiedad personal ha sido utilizado en más de 10 escuelas e universidades y ha sido recientemente disponible a los estudiantes de las escuelas públicas a nivel nacional.

Pérdidas Cubiertas: El Plan de Propiedad Personal del Estudiante cubre perdidas o daños, ocurridos durante el periodo de la póliza, a propiedad personal, de la cual usted es dueño o ha alquilado, incluyendo materiales dejados en su poder, "mundialmente", excepto a lo excluido en las secciones de la "Propiedad No Cubierta" y "Provisiones Especiales". El seguro podría ser comprado en base de "dinero en efectivo" o "a costo de reemplazo" de la propiedad personal y con un deducible tan bajo como \$50 por suceso.

Propiedad No Cubierta: Algunos ejemplos de propiedad no cubierta por el plan son:

- Coches (incluyendo los equipos estereofónicos de los coches), motocicletas, barcos, motores, aviones o partes; billetes de transportes u otros billetes; Dinero en efectivo o monedas, evidencias de deudas, cartas de crédito, documentos de pasaportes, notas o valores; lentes de contacto, dientes artificiales o miembros.

Y Qué Sobre la Cobertura Dentro de la Póliza de Seguros del Hogar? Si usted tiene preguntas acerca de lo que cubre su seguro del hogar, enséñele el folleto a su agente de seguros y pídale su consejo. *SIP* es siempre primaria a lo que cubre la póliza de su hogar y puede ser usada para cubrir altos deducibles de los seguros.

Para mas información sobre esta cobertura tan importante, por favor visite la página web: www.studentinsurancepartners.com y lea sobre el Plan de Propiedad Personal del Estudiante. También, puede llamar a la División de Administración de Riesgo si tiene alguna pregunta o preocupación. Gracias.

**WELCOME
to the Woodgrove High School
Parent Teacher Student Organization**

**Welcome Woodgrove Families,
Staff and Students:**

When I look back at how many years of effort it took just to break ground on the site for the newest high school in Western Loudoun County, I am simply amazed at the progress and success we have achieved in just 2 years. We covered a lot of uncharted territory, graduated our first senior class and gained a couple of state championships along the path.

We are so fortunate to live in a county where education is a priority, but having terrific new facilities, proximity to a variety of cultural and educational opportunities, all encased in Western Loudoun's natural beauty does not make a school. What makes a school succeed is the involvement and commitment of the students, parents, faculty and staff that makes up the community, identity, spirit and heart of the institution.

As a Parent/Teacher/Student Organization, we take to heart our mission to serve the school in whatever way we can. If it is creating an outdoor classroom, purchasing a learning program, thanking the staff for the year's endeavors or funding a field-trip opportunity that is too good to pass up, we are here to "mind the gap," however that gap manifests itself. I am thankful to be surrounded by a PTSO Board and committee chairs that share the same goals and whose expertise is unparalleled. Please consider joining us on a committee or in a manner that interests you.

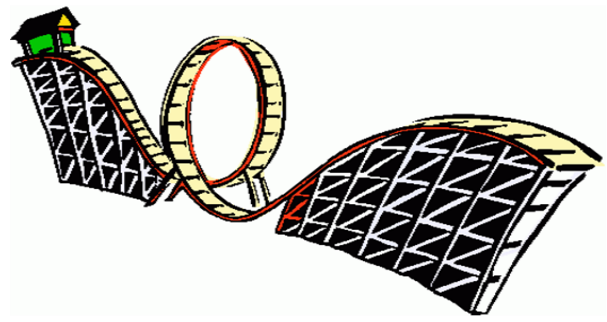
Stay informed, stay involved. Please join the Woodgrove PTSO!

Sincerely,



Susanne Kahler
Woodgrove High School PTSO President
WoodgrovePTSPresident@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

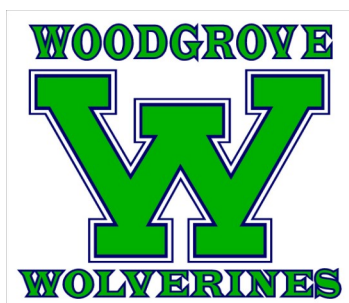
Remember to add this to your address book or trusted contacts so it doesn't end up in your spam or junk folder!

Upcoming PTSO Meetings and Events

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

<u>August 7, 2012</u>	7pm	Board Member Meeting
<u>Sept. 4, 2012</u>	7pm	Board Member Meeting
<u>Oct. 9, 2012</u>	6:30pm	Executive Board Meeting
	7pm	General Membership Meeting
		Guest Speaker: Robert Kane, WHS Librarian
		"Online Resources & Research Tools"
<u>Nov. 13, 2012</u>	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 towards 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

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.

High Lunch Cycle Menu 2012-2013

Week 1

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

High Lunch Cycle Menu 2012-2013

Week 2

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

High Lunch Cycle Menu 2012-2013

Week 3

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

CLINIC

Our school's health clinic assistant/registered nurse is Stephanie Lovasz. She works in the clinic each day from 8:30 until 4:30. A health clinic assistant (HCA) works under the direction and supervision of a registered nurse (resource nurse). School staff can contact the school resource nurse at any time for advice or emergencies. HCAs are trained in first aid, cardiopulmonary resuscitation (CPR), use of an external automatic defibrillator (AED), and medication administration. The resource nurse visits the school regularly. Please check the website for the resource nurse for your school. Clinic personnel (HCAs and nurses) are not allowed to make a medical diagnosis. If you have an urgent medical concern, please take your child to their personal physician or a medical facility.

If your child has any significant medical needs, please notify the HCA/RN even if the school has been notified in previous school years. If your child has asthma, diabetes, seizures, life-threatening allergies, or other medical conditions, you and the physician will need to complete a form so the school can understand and address your child's needs. These forms are available on the Loudoun County Public School (LCPS) website. These forms must be updated each school year.

School-Sponsored After-School Activities and Sports

If your child has diabetes, an epinephrine auto-injector, an inhaler, or other emergency medication at school, please notify the teacher/sponsor that your child has the health concern. Also notify the health clinic assistant/nurse 1-2 weeks prior to the event. The clinic is closed after dismissal and the HCA/RN is not in the building. Arrangements need to be made to have medication available and to train staff. It is strongly suggested that middle and high school students carry their own inhaler and/or epinephrine auto-injector for quick access to medication. For students to carry an inhaler, the physician must complete and sign the "Asthma Action Plan" giving his/her permission for the student to carry the inhaler, and the parent and student must sign page 3, the "Parent/Student Agreement for Permission to Carry an Inhaler". For students with an epinephrine auto-injector, the physician will need to sign the bottom of "Allergy Action Plan" and the parent and student will need to sign page 2 under "Agreement for Permission to Self-Administer and/or Carry Epinephrine." For students with diabetes to carry any of their medical supplies, the diabetes form, Part 4: "Permission to Self-Carry and Self-Administer Diabetes Care," needs to be signed by the physician, parent, and student.

If your child is ill because of a contagious disease such as the flu, strep throat, chickenpox, etc., it would be helpful to note the reason for the absence when you call the absentee call-line. This will help the school take measures to know the extent of the disease and reduce its spread.

Students who have fevers should be kept at home until free of fever for 24 hours. Students who do not feel well should stay home. When students come to school ill, they not only are unable to participate fully in class, but they may also infect other students with their illness.

A parent or guardian must deliver any medication (prescription or non-prescription) to the school office or clinic. **Students may not transport any medication to or from school.** Parents are responsible for picking up any unused medication. Medication remaining in the clinic at the end of the year will be destroyed according to state and LCPS guidelines.

If your child takes a prescription medication and missing a dose would have serious health consequences (seizure medication, insulin, etc.), it is strongly suggested that a 24-hour supply of the medication be left in the school clinic in case of a prolonged school day. The medication must be in an original pharmacy-labeled bottle and have a physician's order on file in the clinic. The order must give the times during the 24-hour period that the medication is to be administered.

CLINIC

The HCA/RN must have written instructions from the physician in order to administer **prescription medications**.

The instructions should include:

- student's name;
- name and purpose of the medication;
- dosage and time of administration;
- possible side effects and measures to take if those occur; end date for administering the medication;
- parent/guardian signature giving permission to administer medication and to contact physician, and physician's signature.
- LCPS will not accept parent/guardian amendments to a physician's order, including any restriction of the principal's designee (HCA/RN) from contacting the physician to clarify the medical order.
- The "Authorization for Medication Administration" form should be used for physician's orders. Copies of this form as well as other medical forms are available in the school office or at the LCPS website under Student Health Services.

All prescription medication must be in the original pharmacy bottle with the proper label containing the student's name, medication, dosage, and instructions for administration. Upon request, most pharmacies will provide an extra labeled bottle with the proper amount of medication for school. **Please do not send more than a 60-day supply of medication.**

If the HCA/RN needs to administer **non-prescription medication**:

- it must be provided by the parent/guardian in an original package with the name of the medication and instructions;
- she must have a note from the parent regarding when and how much medication to administer;
- she will only give the amount listed on the package for your child's age and weight and for the recommended length of time the student should receive the medication unless she has doctor's orders on the "Authorization for Medication Administration" form to dispense differently; and
- she cannot administer medication that is not in its original container.

For the HCA/RN to give acetaminophen (generic Tylenol) to your child, you must have completed the section on the emergency card that gives permission and sign it. Parents/guardians of elementary students will be contacted before any acetaminophen is given in order to assure that it has not been given at home. Because acetaminophen taken in large amounts over a period of time can cause liver damage, middle and high school students may only receive four doses of acetaminophen in a four-week period. Before a fifth dose is given, the parent/guardian will be contacted.

Be sure to keep the "Emergency Information" updated so we can reach you if your child is ill or injured. This can easily be done on-line through the Parent Information Management System (PIMS) on the LCPS website.

All 3rd, 7th, and 10th grade students and students new to LCPS will be screened for vision and hearing during the first 60 days of school. Kindergarten students who did not have distance vision screening or hearing tests within two months of the beginning of school will also be screened.

Virginia requires that school divisions provide information on scoliosis to parents of students in Grades 5-10. The scoliosis flyer on the next page is provided by the school at the beginning of each school year.

Scoliosis

Curvature of the Spine

Scoliosis is an abnormal curving of the spine from side to side often described as an “S” curve. It affects 2% of Americans, mostly adolescents.

Cause

- The cause is unknown in most cases.
 - Girls are affected more often than boys.
- Untreated, severe scoliosis can lead to lung and heart damage, back problems, and distressing cosmetic changes.

Normal Spine

Has a slight outward curve in the upper back and an inward curve at the waist.

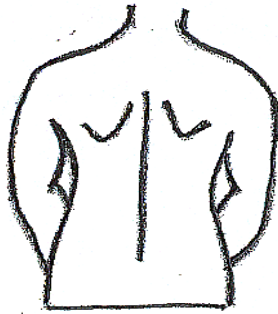
If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

Signs

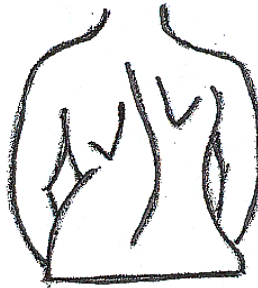
- One shoulder higher than the other
- Scapula (shoulder blade) on one side of the body is higher or more prominent
- One-sided fullness at the waist

Normal View from Back

Shoulder blades and spine appear straight

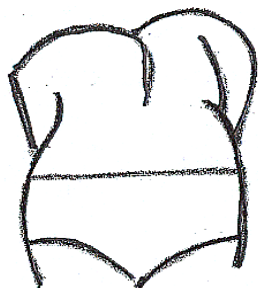


Abnormal View from Back



Abnormal View Bending Forward

Shoulders and/or hips appear uneven



Symptoms

- Backache or low back pain
 - Fatigue
- Maybe none

How to Check Your Child's Spine

- Stand behind the child.
 - Ask child to stand with feet together and bend forward to touch the toes.
 - Check that the shoulders and the top of the hips are at the same height, the head is centered, and the rib cage is symmetrical. Note that the waist is even and that the body does not lean to one side.
 - It may be helpful to run your hands along the spine to detect any abnormalities.
 - Ask the child to stand up, turn around to face you, and to bend down again.
 - Repeat the assessment.
- If any lateral curvature is noted, your child needs further evaluation.

What should be done if any of the signs and symptoms are present?

LA CLÍNICA

Escoliosis Curvatura Vertebral

Escoliosis es una curvatura anormal de la espina dorsal que parece la forma “S” y se extiende de lado a lado. Afecta 2% de Americanos, mayormente adolescentes.

Causa

- La causa no es conocida en la gran mayoría de casos.
- Niñas más que niños son afectadas.

Si no se trata, escoliosis severa puede provocar daño a los pulmones y el corazón, puede causar problemas de la espalda, y cambios drásticos a la postura.

Espinal dorsal normal

Tiene una leve curvatura hacia afuera en la parte de arriba de la espalda y otra hacia adentro en la cintura.

Si la escoliosis es detectada lo antes posible, se puede comenzar tratamiento así evitando que se convierta en una discapacidad física o emocional.

Señal

- Un hombro más alto que el otro
- Escápula(omóplato) en un lado del cuerpo es más alto o más prominente
- El área de la cintura se ve más redondo/lleño
- Una cadera más alta que la otra.
- Desproporción de costilla (sobresalida)

Ilustración Normal de la Espalda

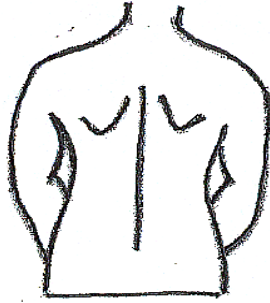
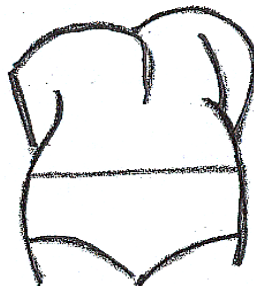


Ilustración Anormal de la Espina



Ilustración Anormal Doblado hacia delan-



Síntomas

- Dolor de espalda/baja
 - Fatiga
- Quizás ninguno

Como chequear la Espalda de su hijo/a

- Parece detrás de su hijo/a.
 - Pídale que se pare con pies juntos y se doble hacia adelante tocando sus pies.
 - Verifique que ambos hombros y caderas estén al mismo nivel/altura, la cabeza en el centro, y las costillas se vean simétricas. Verifique que la cintura parezca simétrica y el cuerpo no se incline hacia un lado.
 - El palpar la espina de arriba hacia abajo quizás puede detectar anomalías.
 - Pídale que se pare recto frente a frente a usted y nuevamente se doble.
 - Repita los pasos arriba.
- Si nota curvatura lateral su hijo/a necesita una evaluación médica.

¿Que debo hacer si encuentro algún síntoma o señal?

Comuníquese con su pediatra o médico para acertar una cita para la evaluación de la espalda de su hijo/a.

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

April 2010

