

# WOODGROVE HIGH SCHOOL

**JANUARY 2013** 

# Woodgrove High School 36811 Allder 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 School
Counseling

Rusty Lowery
Athletic Director

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#### Principal's Message

#### Dear Woodgrove families,

Happy New Year! I hope everyone had a safe and enjoyable winter break. With the New Year upon us, we have many important and exciting events planned in the days, weeks and months ahead. However before we move forward too quickly, please note that all students will be taking end of semester exams during the last four days of the semester, and we ask that you please help your son or daughter prepare for these exams by reminding them to study, eat well and get plenty of rest. Exams will begin on Monday, January 14, and end on Thursday, January 17. The exam schedule is included in this newsletter. Please note that our second semester will begin on Tuesday, January 22, with an "A" day.

Even though the first semester has not ended, we already are beginning to prepare for student course selections and scheduling for the 2013-2014 school year. We will have a parent and guardian information night on Monday, February 4. All grade levels will meet that night – please see the schedule included in the Counseling section of this newsletter for specific times for each grade level.

Our outstanding parent organizations, WWABC, WWMA and WPTSO have been very busy recently coordinating a number of events here at school. Thank you to Susanne Kahler, Karina Chiesa, Tia Brierton, and Chris Vann of the WPTSO, and the rest of the many Woodgrove families for providing staff with delicious cookies during a Cookie Exchange on December 18 and 19. What a festive way to begin the winter holiday! We cannot thank our parent groups enough for the wonderful support they provide to our school. Please be sure to look for information on our website regarding meetings and upcoming events. Hopefully you can take some time and participate in these events and opportunities.

We expect 2013 to be an outstanding year at Woodgrove! We wish everyone the best and look forward to your continued support and encouragement.

Sincerely,

William S. Shipp

Principal

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#### 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.

	A Day Green Day		B Day Blue Day	
REGULAR DAY	8:55 – 9:03	Homeroom	8:55-9:03	Homeroom
SCHEDULE	9:08-10:33	1 <sup>st</sup> Period	9:08-10:33	5 <sup>th</sup> Period
OPEN LUNCH	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	8:55-9:03	Homeroom	8:55-9:03	Homeroom
SCHEDULE	9:08-10:34	1st Period	9:08-10:34	5 <sup>th</sup> Period
Regular Lunch	10:39-12:05	2 <sup>nd</sup> Period	10:39-12:05	6 <sup>th</sup> Period/Flex*
<u>4 SHIFTS</u>	12:10-2:12	3 <sup>rd</sup> Period	12:10-2:12	7 <sup>th</sup> Period
	Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:42-2:12 2:17-3:43	Shift I Shift II Shift III Shift IV 4 <sup>th</sup> Period	Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:42-2:12 2:17-3:43	Shift I Shift II Shift III Shift IV 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	9:55 – 10:03	Homeroom	9:55 – 10:03	Homeroom
DELAY	10:08-11:18	1 <sup>st</sup> Period	10:08-11:18	5 <sup>th</sup> Period
OPEN LUNCH	11:23-12:35	2 <sup>nd</sup> Period	11:23-12:35	6 <sup>th</sup> Period/Flex*
	12:35-1:13	Open Lunch 10,11,12 – release 12:33	12:35-1:13	Open Lunch 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	10:55 – 11:03	Homeroom	10:55 – 11:03	Homeroom
DELAY	11:08-12:03	1 <sup>st</sup> Period	11:08-12:03	5 <sup>th</sup> Period
OPEN LUNCH	12:08-1:05	2 <sup>nd</sup> Period	12:08-1:05	6 <sup>th</sup> Period/Flex*
	1:05-1:43	Open Lunch 10,11,12 – release 1:03	1:05-1:43	Open Lunch 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

#### <u>540-751-2602</u>

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

IN ORDER TO ACCESS THE CLARITY
PARENT PORTAL, PARENTS/
GUARDIANS MUST COMPLETE AND
RETURN THIS FORM TO
MS. THERESA HOLLAND,
ADMINISTRATIVE 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: <a href="http://www.lcps.org/Page/37533">http://www.lcps.org/Page/37533</a>
2012-2013 School Year

#### **CLARITY Parent Portal Login Request**

Student ID:

Please complete this form for <u>each</u> 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 Name:		
Student Address:		
Student DOB:		
Student ID:		
Student Name:		
Student Address:		
Student DOB:		
shared. Upon verification t		confidential and user accounts and passwords should not be tall user ID or password has been compromised access through school personnel.
Parent/Guardian Signature	:	Date:
Print Name:		
	ledge that I have read and unders, date and return this page	stand this information. e to the school at your earliest convenience.
For School use only		
Legal Guardianship Verified	: [ ] Student Information System	[ ] CLARITY
Staff Person Verifying Paren	t/Guardian Authorization:	Date:



# Woodgrove High School 36811 Allder School Road

36811 Allder 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 <u>cada</u> 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	a casa a principios de octubre.
no deben ser compartidas. Tras la verificación que	ARITY son confidenciales y las cuentas del usuario y contraseñas una cuenta de usuario o contraseña del Portal de Padres de CLAsa cuenta será desactivada inmediatamente por el personal de la
Firma de padre/ guardián:	Fecha:
Escriba su nombre en letra imprenta:	
Al firmar este formulario, verifico que he leído y comprendi	do esta información.
Por favor firma, indique la fecha y d	levuelva esta página a la escuela lo antes posible.
For School use only	
Legal Guardianship Verified: [ ] Student Information Sys	stem [ ] CLARITY
Staff Person Verifying Parent/Guardian Authorization:	Date:

# **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.

# 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:







- Access the PIMS link from the LCPS Public Internet site. <u>www.lcps.orq</u>. From the LCPS home screen, click on the PIMS link on the right-side under "Quick Links".
- 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.
- 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.





1/14 – During  $6^{th}$  block we will run the following rotation:

8:55 – 9:00 Homeroom 9:05 – 10:02 1<sup>st</sup> Block 10:07 – 11:05 8<sup>th</sup> block 11:05 – 11:25 Break 11:30 – 1:30 Block 5 Exam

1/15 - 8:55-9:00 Homeroom 9:05-11:05 Block 1 Exam 11:05 -11:25 Break

11:30-1:30 Block 2 Exam

1/16 - 8:55-9:00 Homeroom 9:05-11:05 Block 7 Exam 11:05 -11:25 Break 11:30-1:30 Block 8 Exam

1/17 - 8:55-9:00 Homeroom 9:05-11:05 Block 3 Exam 11:05 -11:25 Break 11:30-1:30 Block 4 Exam

#### Students will not be released before 1:30 p.m. No individual arrangements are to be made.

In the event of inclement weather resulting in school being canceled on any day when exams have been scheduled, the exam schedule will resume on the next day that students attend. In the event of inclement weather resulting in a school delay, then the exam schedule for that day will take place and the dismissal time for the students will change for both a one-hour and a two-hour delay from 1:30 p.m. to the regular school dismissal time.

\*\*\* January 18 Moveable Student Holiday\* (Planning/Records/Conference Day)

#### **News from the WHS Counseling Department**

#### **News from the WHS Counseling Department**

#### **Course Selection Night**

We invite all families to attend our annual Course Selection Night on Monday, February 4<sup>th</sup>. We will provide general information to families on academic and course planning followed by an opportunity to meet with department representatives from each subject area. This year will be filled with some exciting news and updates that you do not want to miss. We are combining this with the rising 9<sup>th</sup> grade night, so please join us at 7:00 PM

#### The schedule is as follows:

6:00-6:45	Rising 9 <sup>th</sup> grade families will gather in the auditorium for a general information session
6:45 - 7:45	Rising 9 <sup>th</sup> grade families will move to the cafeteria to meet with department representa-
tives	
7:00-7:45	Upperclassmen families will gather in the auditorium for a general information session
7:45-8:45	Upperclassmen families will move to the cafeteria to meet with department representa-
tives	

#### **PSAT Score Reports**

Students grades 9-11, received their PSAT score reports on 12.13.12. Students watched a presentation during homeroom to help them interpret their scores. If you would like more information on interpreting the score results, please use the following link <a href="http://www.lcps.org/Page/78968">http://www.lcps.org/Page/78968</a>. You can either read through the powerpoint presentation or watch a short video from the collegeboard. If you have any questions, please contact your son/daughter's School Counselor.

#### **Counselor Café**

The School Counseling Office will be open until 7pm on Monday nights to help seniors and their families with any college questions they may have. Please call for an appointment or just stop by. Counselors will be available to help answer any questions pertaining to the college application process.

#### **JOB FOR A DAY: An Opportunity for Juniors Only**

The Loudoun School-Business Partnership will be sponsoring the Job-for-a-Day Program for high school juniors on Wednesday, March 20, 2013. Students who participate in the program will spend one day with a business in the community that is involved in a career in which the student is interested. The goals of this program are to: 1. Allow students to explore a field in which they have an interest or aptitude. 2. Offer students exposure to career fields about which they have not previously known. 3. Strengthen students' awareness of business, industry, and business enterprises within the community. 4. Heighten students' decision-making processes related to life skills and career choices. 5. Provide students with hands on experiences with people, places, and things not always available in the classroom or school environment. and 6. Help students learn about job/career opportunities within the local area. Students are responsible for their own transportation. If this presents a major problem, we are advising students to please discuss it with the career center assistant or their counselor. Deadline to complete the online application and agreement is Wednesday, January 2, 2013, or until 400 students are registered. To obtain an application, there is a Job for a Day link on the Career Center's website or you can go directly here. Please see Mrs. Jacobson in the Career Center if you have any questions.

#### Start your Financial Aid Process over the Winter Break!

Here's a few tips regarding the financial aid process:

- ~ FAFSA becomes live on January 1; www.fafsa.ed.gov
- ~ Get a pin number to submit your FAFSA on-line: www.pin.ed.gov
- ~ This year's tax returns don't have to be completed before you fill out the FAFSA. Use estimates from W-2s, pay stubs, and last year's returns. You can update your FAFSA with actual tax figures later.
- ~ File your FAFSA as early as you can. When it comes to financial aid, time really is money.

#### \$cholarships

Now is the time to start applying for scholarships. Go to the Career Center's webpage under the School Counseling Tab for links to scholarships and Woodgrove specific scholarship applications.



**Naviance Get Connected!** 

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.

#### **BEAT THE COLD!**

Let's "TEAM UP" with the Woodgrove Varsity Club for a Coat Drive to help families BEAT THE COLD. At one home contest for each of the winter sports we will be collecting warm winter coats. Any size is fine, but we ask that coats be clean, in good condition, with buttons intact and zippers in working order. Members of the Varsity Club will greet you to collect the coats at the following events:

Gymnastics: Thursday, January 3 Wrestling: Wednesday, January 9

Thank you so much for your kindness and generosity!

Pam Hayba, Parent Liaison

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

Visit LCPS Guidance webpage for up-to-date county scholarship postings:

GE-Reagan Foundation Scholarship Program Deadline: 01/10/13

Burger King Scholars Program: Deadline 01/10/13

Northern Virginia Urban League: Deadline 01/11/13 See Mrs. Jacobson for an application.

Delta Sigma Theta Sorority Scholarship: Deadline 01/13/13

Apple FCU Scholarships: Deadline 01/15/13

#### **Upcoming Events**

#### SAT/ACT 2012-2013 Test Dates

**SAT Test Dates** 

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**

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)

# **CLINIC**

# Happy New Year from the Clinic!

The winter months are here and at this time of year the weather can keep us indoors and makes it hard to find time to stay physically active. Being physically active is important. It can help us feel better and improve our health. There are many fun things you can do to be active by yourself or with friends and family. The US Department of Health and Human Services, National Institute for Health, recommends children and adults should perform thirty minutes or more of moderate physical activity each day. You can do this all at once or three times a day, at ten minute intervals. If you are not routinely exercising you can start out slowly and build up to thirty minutes a day. You can increase activities for longer periods of time as you begin to feel more fit, or add some vigorous activity. If you have any health problems or concerns check with your health care provider before starting any exercise program.

#### IMPROVE YOUR OUTLOOK!

Physical activity can be a solution to feeling tired, bored and out of shape. With an increase In physical activity you may feel less stressed!

#### PHYSICAL ACTIVITY CAN ALSO:

Increase your energy level.

Help you lose weight and control your appetite.

Improve your sleep.

Decrease your chance for Diabetes, Stroke.

Lower your blood pressure.

Improve your cholesterol level.

#### **MOVE YOUR BODY!**

Change your habits by adding activity to your daily routine. ANY MOVEMENT you do BURNS CALORIES! The more you move the better! You can find many innovative ways to get you STARTED TODAY!

#### TO PERKUP:

Get up 15minutes earlier in the morning and stretch.

Jog in place.

Ride your stationary bike while watching TV.

Workout along with an exercise video.

#### TO DO A QUICK WORKOUT:

Take the stairs instead of the elevator.

Walk to the bus or train stop.

Walk the mall end to end when you shop.

Park your car father away and walk.

#### TO HAVE FUN:

Dance to the music.

Hula Hoop.

Jump rope or play tag with your friends, family or grandkids.

Use hand-held arm weights during a phone conversation .( check with your Dr. if any concerns about lifting)

Put up an indoor basketball hoop.

Bowling, swimming, ice or roller skating, yoga.

Try indoor sports such as soccer, ice hockey and gymnastics.

Try Wii Fit Sports Resort, which requires you to be active.

Create Treasure Hunts with your family inside your house.

Winter and indoor and outdoor activities should be fun for everyone in the family!

#### WHATS THE BEST TYPE OF PHYSICAL ACTIVITY FOR YOU?

It is the one or two activities that you WILLDO! Pick an activity that you will enjoy and will fit into your daily routine. Start with a moderate level and work your way up.

<u>MODERATE ACTIVITIES:</u> Walking, dancing, raking leaves, bowling, gardening, vacuuming, climbing stairs.

<u>VIGOROUS ACTIVITIES</u>: Bicycling, swimming, aerobics, jogging, running, marching in place, sports such as basketball, football, soccer and baseball.

#### MAKE STAYING PHYSICALLY ACTIVE A LIFELONG HABIT!

Make it a family thing. Team up with a partner keeps you motivated. Make it a routine daily habit. Make it a work/school thing! Keep a pair of walking shoes/sneakers at your workplace. Meet with a co-worker and use part of your lunch to be active. Challenge each other to better health!

ARE YOURFADY TO GET ACTIVE AND CREATE A HEALTHIER YOU?

	AKE TOU KEADT	TO GET ACTIVE AND CREAT	L A HEALITHER	<u>100:</u>
	My goal is to do _	(activity) for at least	(minutes)	times a
we	ek.			
	Track your daily pr	ogressstart out slowly.	Soon you will reac	h thirty min

utes a day!

# Have a happy, healthy and fun new year!

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

Volume 3, Issue 6 January 2013

#### **Sport Injuries**

#### Cold Injuries- Frostbite and Hypothermia

It's fine if Jack Frost just nips at your nose this winter but be careful that you don't leave your fingers or toes exposed too long. Too much exposure to strong winds and low temperatures runs you the risk of frostbite and hypothermia. In cold weather blood vessels constrict to insulate the skin. The downside, however, is that circulation to the extremities, specifically the fingers, toes, ears and nose, gets short-changed. These areas are left vulnerable to freezing and need extra protection. Body tissues actually freeze when they are frostbitten. Ice crystals form in the cell, causing physical damage and potentially permanent cell death.

Signs of frostbite include loss of feeling and numbness in the affected area and the skin may appear waxy, white or grayish. Treatment for frostbite includes, get out of the cold and into a warm room and warm the area by immersing it in warm (not hot) water for at least 30 minutes. Do not rub the area or use dry heat like heating pads or sunlamps because the skin is numb and may be burned by dry heat.

Often, people with frostbite also suffer from hypothermia, which requires emergency medical assistance. Signs of hypothermia include progressive muscle fatigue, shivering, loss of judgment, slurred speech, and difficulty walking. A combination of cold water, wind chill and fatigue can lead to this deadly condition and usually occurs (surprisingly!) in temps above 30-degrees F.

It's easier to prevent frostbite and hypothermia than to treat it. If you must go out in the cold be prepared. Dress appropriately! Layers of clothing provide an effective barrier and can be added or subtracted as you get colder or warmer. Start with a perspiration wicking undergarment. Next put on a wool or fleece top for warmth. Over that, wear a windproof and rainproof slicker, preferably one that is breathable to allow some of the moisture from sweating to escape. Finish with a hat or headband that covers your ears and gloves for your hands. And if you do get wet, take off any wet clothing. If your toes, fingers, ears or other body parts feel numb, get inside and warm-up!

#### **Fitness**

#### Can Exercise Keep You From Getting Sick?

Many are convinced that regular, moderate exercise can protect against illness. While others feel that too much exercise will lower immune levels. Research shows that several positive changes occur in the immune system as a result of regular exercise:

- People who exercise report fewer colds than those who are sedentary do.
- Daily exercise cuts the number of sick days in half during a 12 to 15 work period.
- Moderate exercise lowers stress hormones.

While studies show exercise may reduce the risk of colds, there may also be some validity to the common perception that heavy exertion lowers resistance to illness. Studies have also shown a steep drop in immune function lasting anywhere from 6 to 72 hours in athletes after they ran for 2-3 hours.

While training hard for competition must be a part of the studentathletes' experience, an increased risk of infection does not have to be. There are several practical recommendations student-athletes can follow to minimize the impact of stress on the immune system:

- Keep life stresses to a minimum.
- Eat a well-balanced diet to keep vitamins and minerals at optimum levels.
- Avoid over-training and chronic fatigue.
- Get enough sleep on a regular schedule.
- Avoid rapid weight loss.
- Refrain from touching your eyes and nose.
- Get a flu shot!



# ATHLETIC NEWS / UPDATES

If you would like to be in the loop and receive the latest athletic news and

updates, please email
Mr. Lowery, Athletic Director,
Theodore.Lowery@lcps.org

Mr. Lowery will be happy to add you to the email distribution list.

#### **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 <a href="mailto:Jane.Haugh@lcps.org">Jane.Haugh@lcps.org</a> 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 <a href="mailto:Jane.Haugh@lcps.org">Jane.Haugh@lcps.org</a> 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 <a href="mailto:Jane.Haugh@lcps.org">Jane.Haugh@lcps.org</a> if you are interested in helping our team plan, prepare, and coordinate this luncheon. THANKS

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

A Newsletter about Woodgrove High School's

FAMILY AND CONSUMER SCIENCE DEPARTMENT

Volume 1, Issue 3 January 2013

#### Class Is Now In Season

That's right, classy clothes are making their way back into style despite worn, frayed and torn relics on store shelves. And if you thought the 80's couldn't be redone, you're wrong! A moreclassy, less tacky 80's look is in this spring with argyle sweaters, shirred pants, beaded belts and leather pumps popping up everywhere (don't forget the clutch purse!). Men will be a fashion "flash" in walking shorts, loafers and a polo shirt.

What does all this mean? If your son or daughter enrolled in Fashion Design you'd have your own personal fashion expert who could tell you the difference between shirring and tucking or walking shorts and gauchos. More importantly, you'd find out if those items would compliment or condemn your body shape. This goes for men's and women's fashions.

Students learn fashion principles, analyze the use of color, and design clothes through illustration, group discussion, self analysis and textile design. Students learn what fashions work and don't work for all body types and skin tones. Computer analysis programs and other evaluation tools allow students to take a personal fashion journey while learning about fashion fundamentals—color, proportion, scale and balance!

For instance, people with a triangular shaped face (i.e. pointy chin) should avoid V-necks altogether because it creates the illusion that the chin is even more pointy. Men with a long face should avoid wearing the straight-point collar and opt for the spread collar. This gives the illusion that the face is more in proportion. Likewise, people who are overweight should purchase the correct size clothing as opposed to "fitting" into a smaller size—the pulls from snuggly-fitting garments

actually make a person appear larger. As far as length of pants, skirts, shirts and sleeves—it all depends on proportion. A person with a short torso can elongate it by wearing a top that extends below the waistline. A person with long legs should avoid short shorts or mini-skirts because too much emphasis is on the leg. Men adhere to the same principles, but have fewer clothing choices (i.e. the previous example would apply to men's shorts).

Onto color. Each student evaluates his or her color season using a color analysis kit. After the analysis, each student identifies him or herself as either Spring, Summer, Fall or Winter. Each season has its own color palette that compliments the skin tone of the wearer. Why is this important? Have you ever felt fine and someone asked you if you were feeling alright? It's probably because you were wearing a color that did not compliment your skin tone. Another example...a person with acne should never wear red or green (green is red's compliment color) because it enhances blemishes. Softer, more muted colors would look best on this individual

The goal of the Fashion Design course is to have students leave with the ability to analyze and illustrate men's and women's fashions by assessing the fundamentals of fashion. Students begin analyzing and designing on the first day of class and continue throughout the semester. Instead of a traditional textbook, students use a fashion magazine of their choice to learn fashion terminology and the principles of fashion. A short sewing unit is also a part of the course.

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

A Newsletter about Woodgrove High School's

FAMILY AND CONSUMER SCIENCE DEPARTMENT

#### Fashion Facts—Did You Know....

Wearing all one color from head to toe makes a person appear taller?

It is tradition that men hide timepieces under shirt cuffs because it was once thought that a true gentleman's concerns were not to include the passage of time?

The boutonniere is a symbol of gracious living, a tribute to the lady on your arm, as well as to your host or hostess?

Canting a tie clip downward gives a casual look to a shirt and tie?

A belt's end should finish between the pants first and second loop?

A pocket handkerchief remains the symbol of sartorial gentility

#### FCCLA Update!

FCCLA members adopted a family over the holidays and brought in gifts from the family's wish list.

#### FEA Update!

FEA partnered with Woodgrove's Technology Education Department and The Farm Bureau to deliver and read books to elementary school children. Members continue to tutor at the elementary schools.



#### **News FLASH!**

Course registration will begin in February. Encourage your son or daughter to consider Family and Consumer Sciences courses—they're fun, relevant to everyday living, and provide several opportunities to engage in hands-on learning experiences.

Early Childhood Education I & II—Want to find out what it's like to be a preschool teacher? Or maybe your son or daughter likes working with small children, or just wants to try and figure out why their younger siblings act they way they do! Whatever the reason, these courses are excellent opportunities to gain hands on experience in Woodgrove's Head Start Preschool working with children ages 4 to 6 years—that's right—preschool in high school! Each of these courses are 36 weeks long and are for students in 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grades.

**Fashion Design**—Tap into the creative side of fashion! This course is designed for any student interested in clothing. Students begin designing clothes on the first day and continue throughout the 18-week course (no drawing skills necessary—only a passion for fashion!). Students in 9<sup>th</sup> –12 grades enjoy this course.

**Gourmet Foods**—Does your son or daughter like to eat? Explore different types of foods? Like to cook? If the answer to any of these questions is yes, than this is the course for your child! The focus of Gourmet Foods is to enhance culinary skills as well as teach nutrition and wellness. This 18-week course is for students in  $9^{th}$  – $12^{th}$  grades.

Housing and Interior Design—Does your son or daughter have a knack for design? Is he or she always rearranging rooms? If so, this course will prove beneficial to him or her. Students enrolled in Housing and Interior Design are responsible for creating colorful rooms and landscape designs as well as designing their "dream home" using computer aided design. At the end of this 18 -week course, students leave with a portfolio of their design work. This course is for students in 9<sup>th</sup>-12<sup>th</sup> grades.

**Human Development**—This course explores the physical, emotional, and social development of humans from birth through adulthood. Human Development also explains the brain's development throughout life and how different stimuli affect its development.

This 18-week course is for students in 9<sup>th</sup>-12<sup>th</sup> grades.

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

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**Independent Living**—This course focuses on developing the skills necessary to live independently after high school. Topics such as interviewing skills, resume development, apartment shopping and money management are all discussed in this 18 week course. Because of the topics discussed in this course, it is best suited for students in 11<sup>th</sup> and 12<sup>th</sup> grades.

**Leadership Development**—Your child can learn how to be an effective leader by learning from such greats as Oprah Winfrey and Gandhi. Other leader exemplars include teachers, religious leaders, and family members. This 18-week course is designed for 11<sup>th</sup> &12<sup>th</sup> graders, but has developed the leadership abilities in younger students who have a responsible, mature attitude.

Marriage & Family Dynamics—A more appropriate course title would be "Relationship Dynamics". This course explores the complex relationships found within families and intimate relationships. Topics discussed range from sibling rivalry to behavior expectations of children set by parents. This 18-week course also examines how adolescent girls and boys view similar topics differently; but in the end, have very similar needs—to be accepted and respected. Marriage & Family Dynamics is for 11th and 12<sup>th</sup> grade students.

**Personal Finance**—A state mandated course needed for graduation of students graduating 2015 and beyond. The focus of this 18-week course is for students to learn the fundamentals of money management through practical applications. Students learn about investing through an online Stock Market simulation that spans 10 weeks. Budgeting, savings and how to become informed consumers are also taught in this course.

Teacher Cadet—This is an honors level course that allows students to explore the public school system through personal experience as an elementary, middle, or high school teacher. Recognized by Shenandoah University as a college level course, Teacher Cadet is part of the Teachers for Tomorrow initiative of the Virginia Department of Education. This 36-week course is only offered to 12<sup>th</sup> graders. There is an application process and a grade point average requirement. Students who are accepted are encouraged to become members of the Future Education Association (FEA). FEA is a national organization whose mission is to foster the recruitment and development of prospective educators worldwide through the dissemination of innovative programming and relevant research.

In addition to the courses listed above, Woodgrove's F.A.C.S. Department is also and active F.C.C.L.A. chapter. Family, Careers, and Community Leaders of America is a nationally recognized organization whose purpose is to provide leadership opportunities to students enrolled in F.A.C.S. courses.

Woodgrove High School
Family and Consumer Science Department
Mrs. Kathleen Bohnsack, NBCT
Kathleen.Bohnsack@lcps.org
Dr. Karen C. Curtis, NBCT
Karen.Curtis@lcps.org
540.751.2600

# 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 <u>one-time dues fee of \$175.</u> 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:

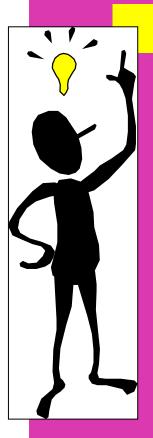
Payment turned into: Kelley Hines, Margaret Cucinell or Emily Stevens, Senior Class Sponsors

Student NameStudent Birthdate:			
Parent Name			
(As a parent, I am available to voluntee	r at events)	Yes	NO
Student Email:			
Parent Email:			
Paying Senion	r Dues in Full?	Woodgrov	n be made out to: e High School nior Class Dues
Paying Senion	r Dues on Paym	ent Plan? (d	due dates: 9/1, 10/1, 11,)
Only purchasing cap, gown, stole, tassel (COST: \$55.00)  This must still be purchased through Senior Class and NOT directly from Herff-Jones.			



# The ROARING 20'S RISE AGAIN AT WOODGROVE HIGH SCHOOL'S 2013 GRAD NITE CELEBRATION Seniors: Please join us Monday evening, June 10, 2013 From 9 D.M. UNTIL 2 A.M.





#### PEER TUTORING PROGRAM

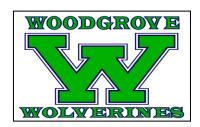
The Peer Tutoring program at Woodgrove HS is in its FIRST year. It is the intent of Woodgrove HS Tutors to provide students with a safe, comfortable, and successful learning environment; to assist students in identifying their learning styles and developing appropriate study strategies; and, to collaborate with students on learning course material. Students are encouraged to apply for a tutor should they need one, and forms can be found in the guidance office. For additional information on the tutoring program, go to Woodgrove's web page on the right hand side. There is a link to the "Tutor Request" form. Students who request a peer tutor *must* attend tutoring sessions, or they are dropped from the program.

# **YEARBOOK ORDERS:**



Yearbooks are on sale now for a base price of \$75.00 by visiting <a href="https://www.jostensyearbooks.com">www.jostensyearbooks.com</a>

Extra order forms are also available in the front office and in room 603.



Dear Western Loudoun Businesses, Organizations, Partners and Parents:

Woodgrove High School seniors begin 2013 eagerly looking ahead six months to graduation on June 10th. The end of the school year promises freedom, independence, and the onset of adulthood to our children. It is, however, also statistically a season of the highest teen auto fatalities and alcohol-related car crashes.

Т

he Woodgrove PTSO is dedicated to providing a safe and sane outlet for our second graduating senior class to spend one last exciting and memorable evening as "Wolverines," before they embark on greater adventures. The PTSO is currently in the process of planning this year's after-grad night celebration. With your help, we hope to make this event even bigger and better. We have changed our venue and plan on having all events on-site at the school in the hopes of reaching an even greater percentage of seniors.

June is fast approaching. We truly appreciate the generosity our community has shown but as a new school, we find ourselves competing for limited resources. Please consider making a tax-deductible contribution to our cause. If you feel your resources are also stretched at this time, we welcome contributions in the form of services or gift certificates to give to our seniors as prizes for participating in this safe and sane end-of-year celebration. We welcome your sponsorship and hope that we can add your name (or business) to the growing list on our website.

Please make your check payable to the "Woodgrove High School PTSO" and notate in the memo that funds should be earmarked for after-grad night. Our tax ID number is 27-2800768. Or if giving a gift in some other form, please let us know whom we can thank for their generosity. Thank you so much for your continued support. Sincerely,

Susanne Kahler Woodgrove High School PTSO President WoodgrovePTSOPresident@gmail.com or (540) 751-9025



Woodgrove High School Attn: Woodgrove PTSO 36811 Allder School Road Purcellville, VA 20131

### **FROM THE PTSO:**

As we look back upon the past year, we should take pride in our accomplishments and yet still look ahead to what the remainder of the school year holds in store...

#### **Accomplishments:**



- \* Staff welcome back breakfast
- \* Funded incentives for Safe Schools Ambassador Program
- \* Supported WHS Latin Club state convention participation
- \* Sponsored Kaplan SAT/ACT practice test
- \* Purchased Smart Pal manipulatives and batteries for Math Department
- \* Provided incentives for those students retaking SOLs in Reading/Writing
- \* funded Noodle Tools a web based subscription program for learning how to properly research and cite sources.
- \* Provided refreshments and shoe and coat check-in for Homecoming
- \* Supplied Coffee cart and breakfast items for Western Loudoun Business Partnership breakfast during American Education Week.
- \* Provided teacher recognition rewards for the WHS PBIS program.
- \* Sponsoring senior breakfast and all-night after graduation celebration
- \* Keeping the Woodgrove community informed and up-to-date with news from all school departments through publication of the Woodgrove Weekly e-newsletter.
- \* Welcomed guest speakers on utilizing LCPS databases and research tools and Assistive Technology resources.
- \* Awarding two scholarships to members of the Woodgrove senior class.
- \* Supplying volunteers for over 20 yearly events.

The Woodgrove High School PTSO raises funds through membership dues, Woodgrove Marketplace, school reward programs, volunteer work with Lovettsville/Waterford Ruritans and Kaplan ACT/SAT test registrations.

It is never to late to join your PTSO or to sign up to receive the Woodgrove Weekly. We welcome your involvement.

Here are our meeting dates for the remainder of the year: January 8th, 2013 General Membership Meeting 7 pm February 12th 2013 General Membership Meeting 7 pm March 12, 2013 General Membership Meeting 7 pm April 9, 2013 General Membesheting 7 pm May 14, 2013 General Membership Meeting 7 pm

Happy New Year,

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



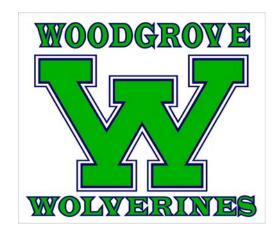
The Woodgrove Weekly, a premier weekly email newsletter produced by your PTSO, will keep you informed on the latest school news, updates, announcements, events, and activities within all depart-

ments 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:



# HELP BUILD ON OUR SUCCESS... JOIN THE WOODGROVE HIGH SCHOOL 2012/2013 PTS0



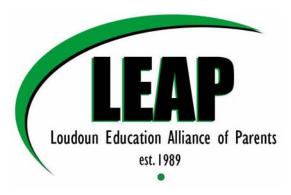
#### What we will continue to do:

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. 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:		
PHONE NUMBER:	MEMBERSHIP AMT ENCLOSED:	
EMAIL(for Woodgrove Weekly):	ADDTL TAX FREE DONATION:	
Please return to the PTSO box in the main office.		



#### 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

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

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 hoard
- 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 <a href="https://www.lcps.org">www.lcps.org</a>, 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 <a href="https://www.lcps.org">www.lcps.org</a>, click on PARENTS, then select SEAC, to confirm meeting dates and presentation topics.



#### 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 (2nd 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

# 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 participate 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: <a href="http://www.lcps.org/Page/1494">http://www.lcps.org/Page/1494</a> for more information.

The parent delegate for Woodgrove High School is Nichelle Watts-Rivera. Please contact Nichelle at nwattsrivera@yahoo.com with questions or for more information about MSAAC.



#### **Harris Teeter**

School code: 1613

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 <a href="https://www-secure.target.com/redcard/tcoe/home">https://www-secure.target.com/redcard/tcoe/home</a> 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 orgo to Target.com/redcard. 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.

Any questions please email woodgroveptsofundraising@gmail.com.
Thanks for your support!

# 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 reenrolled each year!

https://www.giantfood.com/our\_stores/bonus\_bucks/designate\_school.htm?execution=e1s1



Food Lion
School ID 219558



# LCPS MENUS ARE ONLINE AND CAN BE ACCESSED BY CLICKING HERE