



WOODGROVE HIGH SCHOOL

APRIL 2013

Principal's Message

Dear Woodgrove families,

Welcome spring and welcome to the fourth quarter for the 2012-2013 school year! The last quarter of the year contains many activities with regards to our fine arts, sports and club activities. I believe we have something scheduled nearly every night of this spring, so I do encourage you to come out and support our Wolverines!

On Tuesday, April 9, at the monthly PTSO meeting and in coordination with the school, Loudoun County Public Schools Substance Abuse Awareness Specialists will be presenting information regarding student substance abuse. This is a very important topic at Woodgrove and we have addressed the students regarding this. I encourage all parents to attend this.

Springtime is a very busy time for our students, especially our Seniors. If you have a son or daughter preparing to graduate, please see the information regarding upcoming events for Seniors. Also, please note that our graduation this year is on Monday, June 10, beginning at 8 AM. Seniors will need to be at school at 6:30 AM.

With regards to graduation, our exceptionally supportive PTSO will be hosting an alcohol- and drug-free Grad Night Celebration Party for Seniors at Woodgrove on Monday, June 10, from 9 PM to 2 AM. Currently, the PTSO members are finalizing plans for the evening and they are seeking some additional support. If you can chaperone or are willing to provide a donation or prizes for this exciting evening, please contact Ms. Jackie Erb at Jackie.Erb@lcps.org. Our Seniors have been working very hard for many years to earn their diplomas – it is our hope that we can make this celebration outstanding for them!

Please note that report cards will be distributed on Wednesday, April 10th. Also, regarding spring and the warm weather which will soon be here to stay, we have reminded students of our dress code. Please take time to discuss appropriate school attire with your son/daughter.

Best wishes to everyone – we're looking forward to a magnificent spring at Woodgrove!

Sincerely,

William S. Shipp
Principal

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 School
Counseling

Rusty Lowery
Athletic Director

The mission of Woodgrove High School is to enable all members of the school community to think critically and act responsibly, while preparing students for their futures.



Beliefs:

- ***We believe that critical thinking means using knowledge to make informed decisions and to solve problems, both independently and collaboratively.***
- ***We believe that we must be responsible for achieving our own goals, for contributing to society, and for being effective global citizens of the world around us.***
- ***In order to be successful, we all must **work, honor, and strive.*****

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, 2013
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	8:55 – 9:03	Homeroom	8:55-9:03	Homeroom
SCHEDULE	9:08-10:33	1 st Period	9:08-10:33	5 th Period
<u>OPEN LUNCH</u>	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	8:55-9:03	Homeroom	8:55-9:03	Homeroom
SCHEDULE	9:08-10:34	1 st Period	9:08-10:34	5 th Period
Regular Lunch	10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex*
<u>4 SHIFTS</u>	12:10-2:12	3 rd Period	12:10-2:12	7 th Period
	<u>Lunch</u> 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	<u>Lunch</u> 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 th Period		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	9:55 – 10:03	Homeroom	9:55 – 10:03	Homeroom
<u>OPEN LUNCH</u>	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	10:55 – 11:03	Homeroom	10:55 – 11:03	Homeroom
<u>OPEN LUNCH</u>	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



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

[CLICK HERE](#)

ABSENTEE PROCESS

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

540-751-2602

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

540-751-2602

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

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

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

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

SENIOR EXAM EXEMPTION 2012-2013

The following guidelines, approved 10/13/99, will be used for the Senior Exam Exemption Program.

- The program is optional and may be implemented at the discretion of each high school.
- The program will use second semester data only.
- To be eligible, a student must have at least a **70 (C-)** average for the second semester through the first eight weeks of the fourth nine-week grading period.
- To be eligible, a student can be absent no more than **two** (2) class periods in block classes.
- The program applies to students assigned to senior homerooms.
- Any student meeting the criteria for exemption may choose to take the exam.
- Exam exemption will be determined class by class.
- Students attending more than half of a class will be counted present for purposes of this program – tardies to class or early dismissals from class that do not result in missing more than half of a class will not be considered.
- Classes missed due to organized school activities (i.e., field trips, athletic team participation) **will not** count as absences from class for purposes of this program.
- An absence to observe a recognized religious holiday **will not** count for purposes of this program.
- An absence due to required accepted college visits (with proper documentation) **will not** count for purposes of this program.
- In-school restriction and suspension days **will** be counted as absences from class.
- All other non-school related absences – whether excused or unexcused – **will** be counted as absences from class.
- Cheating or any other integrity violation that results in disciplinary action removes the student from consideration for exam exemption in all classes.
- A senior failing to meet the requirements for exemption may appeal to the teacher (except in cases of an integrity violation). The teacher may determine on a case-by-case basis that special circumstances exist and permit the student to be exempt from the exam. No review of teacher decisions beyond the individual school level will be available.

Revised 12/10/10

WOODGROVE HIGH SCHOOL

SEMESTER TARDY TO SCHOOL POLICY

(By Semester)

- **First Offense**-Warning
- **Second Offense**-Call home to parent
- **Third Offense**-One day of administrative lunch detention
- **Fourth Offense**-One day of administrative lunch detention
- **Fifth Offense**-One day of administrative lunch detention
- **Sixth Offense**-Two (2) days of administrative lunch detention
- **Seventh Offense**-Two (2) days of administrative lunch detention and notice to parent and student that the student's parking permit will be revoked for one week on the eighth unexcused tardy to school.
- **Eighth Offense**-Student driver's parking permit revoked for one (1) week or disciplinary action at administrator's discretion.
- **Ninth Offense or more**-Administrator's discretion

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 Honor Code

The Woodgrove High School community strives to uphold standards of integrity, respect, cooperation, and trust; supported by interpersonal and intellectual honesty. We remind students daily to work, honor, and strive so that these core values can serve as a foundation for academic success and personal fulfillment throughout a student's life.

Woodgrove High School Honor Code is ***On My Honor, I have neither given nor received unauthorized aid on this test, quiz, or assignment.****

All Woodgrove students will be required to view a presentation in regard to the Honor Code and to take an assessment. The assessment, along with a signed Honor Code statement, will be part of the student's academic file for reference purposes.

Cheating

Cheating includes the actual unauthorized use of any information other than one's own work and/or original thoughts. The purpose of assessments is to determine individual student mastery of the information presented. When cheating occurs, it is not a valid assessment of an individual's mastery. Examples include, but are not limited to, the following:

- Copying from another person's (s') work or allowing another person to copy his/her work or assessment.
- Talking/signing/texting during an assessment.
- Relaying assessment content to students taking the assessment at another time.
- Using study aids/notes/books/data/phones/electronic devices, etc., without the teacher's express permission to do so.

Plagiarism

Examples of plagiarism include, but are not limited to, the following:

- Presenting as your own someone else's work in all or in part.
- Copying of language structure, programming, computer code, ideas, and/or thoughts of another without proper citation or acknowledgement.
- Copying word for word without using quotation marks or giving credit to the source of the material.
- Failing to give the original source credit through documentation and bibliography.
- Having somebody else complete assignments, either partially or completely, which are then submitted as one's own work.

*Adapted from the University of Virginia Honor Code.

Woodgrove High School Honor Code... Page 2

Falsifying/Lying

Examples of falsifying/lying include, but are not limited to the following:

- Making an untrue statement verbally or in writing.
- Forging the signature of another.
- Adding/deleting/manipulating information on academic work or assessments.
- Tampering with official records, passes, or any other administrative document.
- Lying or failing to give complete information to school personnel.

Stealing/Theft/Vandalism

Woodgrove students will respect the personal property of others. Stealing is the intentional taking of property belonging to others (including school property) without the owner's consent. This shall also include any damage to personal or school property.

Responsibilities

Students will...

- Exercise academic honesty in all aspects of their work.
- Prepare sufficiently for all types of assessments.
- Seek extra help from teachers.
- Use sources in the proper manner.
- Follow the Honor Code and report any violations to school personnel.

Teachers will...

- Develop, model, and sustain ethical practices within the classroom setting.
- Report violations to counselor and administrator.
- Discuss violations and consequences with the student or students.
- Contact student's parent or guardian regarding a violation.
- Record a failing grade for the assignment.

Parents will...

- Discuss the Honor Code with their child to ensure understanding.
- Encourage their child to maintain high standards with regard to integrity, honesty, and personal responsibility.
- Support faculty and administration in enforcing the Honor Code.

Administrators will...

- Ensure that all faculty, students, and parents receive the Honor Code.
- Help contribute to the school wide environment that encourages adherence to the Honor Code.
- Maintain accurate records of Honor Code violations.
- Ensure that the Honor Code is being applied consistently throughout the school.

Woodgrove High School Honor Code... Page 3

Consequences:

Violations of the Honor Code accumulate throughout the student's high school career and across all courses.

First Offense (and all subsequent offenses):

- Immediate referral to the student's administrator and director of school counseling or the individual student's counselor for information purposes and to be recorded in the student's permanent record.

- Teacher or teacher and counselor will notify student's parents by phone of the violation and offer a conference with parents.

- Teacher will send a written letter to the parents of the student for school documentation and communication purposes.

- Forfeiture of credit for the work ("0" for numerical scale, "F" for letter grade)

- Teacher will either make the student "redo" the mastery assignment or assign an alternative assignment to ensure student mastery of concepts. The highest grade the student can earn will be a 50%.

- Student must retrain on the plagiarism and cheating PowerPoint and retake the assessment. (Student will be retrained during lunch in the in-school restriction room until the student has passed the mastery assessment on plagiarism and cheating.)

- If the student is a member of any honor society, the administrator or director of school counseling will notify the sponsor of the society of the violation.

Second Offense

- Immediate referral to the student's administrator and director of school counseling or the individual student's counselor for information purposes and to be recorded in the student's permanent record.

- The teacher or teacher and counselor will notify student's parents by phone of the violation and arrange a conference. Attendees will be the student's administrator, the teacher, the counselor, the parent and the student.

- The teacher will send a written letter to the parents of the student for school documentation and communication purposes.

- Forfeiture of credit for the work ("0" for numerical scale, "F" for letter grade)

- If the student is a member of any honor society, the administrator or the director of school counseling will notify the sponsor of the society of the violation. The society will decide consequences for the member according to the by-laws of the society.

- The student will be assigned one day of in-school restriction.

Woodgrove High School Honor Code... Page 4

Third Offense and subsequent offenses:

The administrator will immediately notify the student's parents and the student will be assigned two (2) days of in-school restriction. Alternative discipline may be assigned as well. Discipline for subsequent offenses will be administrator's discretion.

The administrator will arrange a conference with the teacher, the counselor, the parent, the student and his/her administrator. Consequences for any additional violations of the Honor Code will be discussed at that time.

The administrator will send a written letter to the parents of the student for school documentation and communication purposes.

Forfeiture of credit for the work ("0" for numerical scale, "F" for letter grade)

If the student is a member of any honor society, the administrator will notify sponsor of the society of the violation. The society will decide consequences for the member according to the by-laws of the society.

Adapted from South Lakes High School and Stone Bridge High School's Honor Codes.

Woodgrove High School Honor Code Acknowledgement and Receipt

I have read and acknowledge receipt of the Woodgrove High School honor code. I understand the actions which violate the code, the code responsibilities, and the consequences of code violations.

The Woodgrove High School Honor Code is ***On My Honor, I have neither given nor received unauthorized aid on this test, quiz, or assignment.****

Student printed name

Student signature

Parent printed name

Parent signature

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.

News from the WHS Counseling Department

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.

Be on the lookout for the following

DEADLINES:

- College Applications
 - FAFSA and CSS Profile
 - Scholarships:
- Financial Handbooks were distributed to all seniors.



SAT Test Dates:

May 4 (deadline 04/05, late registration 04/19)

June 1 (Registration deadline 05/02, late registration deadline 05/17)

ACT Test Dates:

June 8 (deadline 05/03, late registration 05/17)

2013-14 WHS SCHEDULE INFORMATION

- ✓ Counselors will meet with individual students now until the end of March.
- ✓ June 20th is the last day for schedule changes.
- ✓ Click [here](#) to see the scheduling presentation from our Course Selection Night.
- ✓ [Program of Studies](#)

Watch Class Videos From the Following Departments:

[English](#)
[Social Science](#)
[Fine Arts](#)
[CTE](#)
[Health/PE](#)



04/20, 10am-1pm: Service Academy Day 2013 at The Paramount Theater

Senator Mark Warner invites high school and middle school students, their parents, and guidance counselors to Academy Day 2013. Attendees will be provided a comprehensive overview of the United States service academies and their admission process. In addition, students will be able to meet with officials from all five service academies as well as representatives from ROTC programs, Virginia Tech, and the Virginia Military Institute. Representatives from Virginia Congressional offices will be available to answer questions regarding the application procedures for congressional nominations.

Little-Known Secrets of Paying for College


Parents, join College Funding Coach for a one-night workshop to learn about money-saving techniques regarding college expenses. In Loudoun, VA, call 571-252-2119 to register at one of the following times and locations:

04/04, 6:30-9pm at Stone Bridge HS

04/24, 6:30-9pm at Woodgrove HS

04/23, 4:30-6:30pm: 2013 VCU Medical Futures Program for High School Students

This is an informative session about preparing to apply for medical school, life after medical school, and an interactive medical student panel that's open to all pre-med high school students in VA. Register for this event by sending an email to sarina.luangkhot@inova.org with: your contact information, number of guests (other than you) and home institution. Your registration request will be held for two weeks until payment is received. Registration fees are due no later than 04/16; \$15 per student and \$20 per guest.

<p>Continental Pools NOW HIRING: LIFEGUARDS No Eperience Necessary Sign up for Training Now; CPR, First Aid and other lifesaving skill 877-780-7665 jobs@continentalpools.com Apply Online: www.continentalpools.com</p>	
<p>Greenstone Fields A local organic cut flower and berry farm is seeking p/t workers for the season. You must have a driver's license, be responsible, able to pay attention to detail, work smart and be a good communicator. The job is for afternoons and some weekend days, until the summer when we will need workers mostly in the morning hours and some Saturdays. Tasks include everything from bucket washing, landscaping, transplanting, harvesting, and marketing. Minimum starting pay is \$8 an hour. If you are looking for a rewarding job working in the out-of-doors, with a great team, contact Barbara Lamborne at greenstone@rstarmail.com.</p>	<p>Girl Scout CAMP FRIENDSHIP Seeking teen volunteers to help with planning and implementing the outreach day camp program. Camp is July 8-12 from 9 am till 3 pm at Leesburg Elementary on Plaza St. in Leesburg. Free bus transportation is provided for teen volunteers. This is a great opportunity to earn volunteer hours in a fun day camp setting. All girls ages 12-17 are encouraged to complete a volunteer application. For more information, contact Diana Kane at dkane@gscnc.org.</p>



College Visits 2013 Tours: Click link to view a complete list of 2013

2013 Ivy League College Tour: 5 Days, 13 Universities, 06/24-06/28. \$795 includes hotel, bus transportation and 2 of 3 meals a day. Visit: University of Pennsylvania, Princeton University, New York University, Columbus University, Yale University, Wesleyan University, Brown University, Harvard University, Massachusetts Institute, Dartmouth University, Amherst College, Syracuse University, and Cornell University. Registration or Questions call 571-217-4653 or email gitagirlsemail@gmail.com.



Summer Opportunities!

Get a comprehensive list of summer programs by using NAVIANCE/FAMILY CONNECTIONS. Log into your Naviance account; every student has one and can use their 6-digit student ID for both their user name and password. Parents are also registered and should be able to use your email address for your username and woodgrove for your password. Go to the college tab and look for "enrichment programs" under college research. Contact jaime.jacobson@lcps.org if you have any problems logging on or see Mrs. Jacobson in the Career Center for additional questions.

Stanford Summer Humanities Institute: 3-week program led by Stanford professors for rising high school juniors and seniors exploring the big questions at the heart of the humanities: How and when can ideas transform society? When is the use of force legitimate? How can we define the limits of individual rights? **Deadline 03/20/13**

VCUARTS: High School Summer Intensive: 3-week program offers H.S. students the opportunity to explore their interests in the fine arts, design arts or performing arts; promotes cross-disciplinary approaches to creative activity; and imparts practical knowledge and skills to prepare performing artists for college auditions and visual artists for the creation of their application portfolios. **Deadline 04/01/13**

UVA Leadership on the Lawn: July 7-July 12: Strengthen your leadership skills while living the UVA student experience. Live in dorms, eat in dining halls, meet new friends, and become a better leader with help from UVA faculty and students. **Deadline 05/01/13**

George Washington University Pre-College Program 2013: Create bold possibilities, challenge your perspective and discover Washington, DC. Credit programs for rising juniors and seniors and distant learning credit courses for rising seniors. Non-credit program for rising sophomores, juniors and seniors.

Leadership in the Law Summer Camp:

This is a unique FREE opportunity for rising seniors to learn firsthand about the legal system. Students will stay overnight at Camp Meadowkirk in Middleburg, VA and be transported daily to the Courthouse Complex in Leesburg for active participation in the legal system. Additional information and applications are in the Career Center and are due **04/01/13**. Must see Mrs. Jacobson in the Career Center for more info and an Application.

Summer Game Institute for Kids and Teens: Where Art and Technology Learn to Play

The Summer Game Institute, offered by the George Mason University Computer Game Design Program, offers courses in the fundamentals of Game Design. Students can gain hands-on experience using state-of-the-art technology, participate in team-based activities, and learn about the career opportunities in serious and entertainment game design and mobile application development. Each course is one week long, Monday - Friday, June 24 - August 9, 9:00 am - 4:00 pm.



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 use the 6-digit student ID for both their username and password. 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.



2013 Exam Calendars

2013 Exam Calendar - Week 1

	Morning - 8 a.m.	Afternoon - 12 noon
Monday, May 6	Chemistry Environmental Science	Psychology
Tuesday, May 7	Computer Science A Spanish Language	Art History
Wednesday, May 8	Calculus AB Calculus BC	Chinese Language and Culture
Thursday, May 9	English Literature and Composition	Japanese Language and Culture Latin
Friday, May 10	English Language and Composition	Statistics
	Studio Art: Last day for your school to submit digital portfolios and to gather 2-D Design and Drawing students for the physical portfolio assembly. Students should have forwarded their completed digital portfolios to their teachers well before this date.	

2013 Exam Calendar - Week 2

	Morning - 8 a.m.	Afternoon - 12 noon	Afternoon - 2 p.m.
Monday, May 13	Biology Music Theory	Physics B Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 14	U.S. Government and Politics	Comparative Government and Politics French Language and Culture	
Wednesday, May 15	German Language and Culture U.S. History	European History	
Thursday, May 16	Macroeconomics World History	Italian Language and Culture Microeconomics	
Friday, May 17	Human Geography Spanish Literature and Culture		

SOL TEST INFORMATION

Spring SOL testing is quickly approaching. Check out the testing calendar in this newsletter or on our website under Academics, SOL Testing, and mark your calendars now.

SOL testing begins April 29, 2013, and continues through the month of May. All SOL testing will be administered online. Attendance is imperative.

Help your child prepare for testing by getting a good nights sleep, eating a well-balanced breakfast, and wearing glasses if needed.

May

SOL CALENDAR

	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		29 English 11 WH 2	30 English 11 WH 2	1 Algebra 1 Chemistry	2 Algebra 1 Chemistry	3 MAKEUPS	4
5		6 Geometry	7 Geometry	8 Geometry Algebra 2	9 Algebra 2	10 Algebra 2	11
12		13 MAKEUPS	14 WH1 Biology	15 WH1 Biology	16 VAUS History Earth Science	17 VAUS History Earth Science	18
19		20 MAKEUPS	21 RETAKES English	22 RETAKES Math	23 RETAKES History	24 RETAKES Science	25
26		27 HOLIDAY	28	29	30	31	1
2		3	4	5	6 Last school day	7	8

2013

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

2012-2013 School Year

CLARITY Parent Portal Login Request

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

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

Account access information will be mailed home in early October.

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

Parent/Guardian Signature: _____ Date: _____

Print Name: _____

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

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



Woodgrove High School

36811 Alder School Road

Purcellville, VA, 20132

Phone (540) 751-2601

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

2012-2013 School Year

Solicitud para Acceso al Portal de Padres en CLARITY

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

Número de identificación del estudiante: _____
Nombre del estudiante: _____
Dirección del estudiante: _____
Fecha de nacimiento: _____

Número de identificación del estudiante: _____
Nombre del estudiante: _____
Dirección del estudiante: _____
Fecha de nacimiento: _____

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

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

Firma de padre/ guardián: _____ Fecha: _____

Escriba su nombre en letra imprenta: _____

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

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

For School use only

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

Staff Person Verifying Parent/Guardian Authorization: _____ Date: _____

Program Changes in the English Department!

We will have several changes in the English Program of Studies at Woodgrove next year:

- Juniors will now be allowed to take **A.P English Language and Composition** *in lieu of* English 11 Honors (in the past, juniors taking AP Lang had to take it as an elective *in addition to* English 11 Honors).
- We will be offering **21st Century Literacy Strategies** for seniors who still need to pass the Reading or Writing SOLs in order to graduate. This course will also be useful for students who need to re-take history or science SOLs in December.
- Woodgrove will be one of the first schools in the county to offer the new **English 12 Dual Enrollment** course (see course description below). This gives students four options for English senior year: English 12 Academic, English 12 Dual Enrollment, A.P. English Literature and Composition, and A.P. English Language and Composition.

Feel free contact Chris Cuzzo, English Department Chair, with any questions about these programs
(Christopher.Cuzzo@lcps.org).

English 12 Dual Enrollment Course Description

English 12 Dual Enrollment is a new course offering in LCPS and at Woodgrove. This course is a partnership with Northern Virginia Community College, and students passing the course will earn **6 college credits** which are automatically transferable to any state college or university. The course represents two separate NVCC courses:

- The fall semester of the course is **English 111: College Composition**. This section of the course will focus on developing college-level academic writing skills; there is an emphasis on developing critical thinking skills, responding to college-level texts, and engaging in all phases of the writing process. It will include fiction, non-fiction, research, and rhetoric study.
- The spring semester of the course is **English 252: Survey of World Literature II**. In this section of the course, students will read a variety of genres of literature from around the world, from 1650 through the present. Students will also be expected to write extensively, and will build on the critical thinking skills they have developed in the fall to focus exclusively on literary analysis papers

Students will be expected to write four, multi-draft, 4-5 page papers each semester in this course, including research papers, non-fiction analysis papers and literary analysis papers. This course will prepare students for the types of academic writing they will be expected to apply in all disciplines from this point on in their college classes.

This course is open to any seniors who have completed either English 11 Honors or English 11 Academic; however, students must first pass the NVCC Compass placement test in the spring of their junior year in order to enroll. Unlike AP English classes, students do not need to pass a rigorous, external test at the end of the course in order to earn college credits.

Congratulations History Bowl



The History Bowl team traveled to Charlottesville on Saturday, March 9 to compete in the State Championship. They took second place. This qualifies them to compete in the national competition in April. Chris Miller also qualified to compete for the National Geography and History Bee's. Chris had the highest score in the State Geography Bee. The team will appear on "It's Academic," NBC, April 20 at 10:30 a.m.

News from the Reading Resource Room

Reading and Study Strategies Website

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

Go to the Woodgrove High School Website

Click on the Academics tab

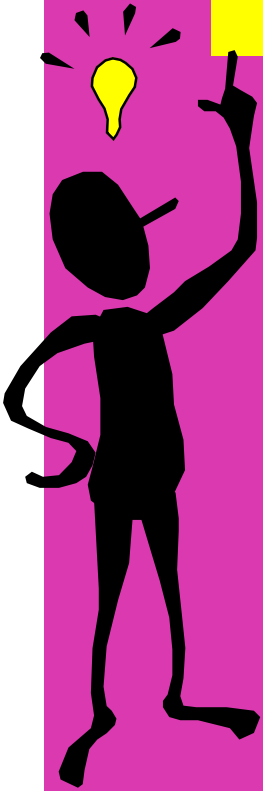
Click on Reading and Study Strategies

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

Parent Volunteers are needed to laminate and prepare instructional materials

Parent volunteers are needed to laminate, cut, and prepare instructional materials that will be used for cooperative learning activities. Please contact Jane.Haugh@lcps.org if you are interested in preparing instructional materials

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.

A limited number of yearbooks remain for sale. The cost is now \$85. To make sure you get this

year's book, go to

www.jostensyearbooks.com

and order it today! Our school number is 771. Once the books are gone, there is no opportunity to get one. Make sure you order your copy today.

The F.A.C.S. of Life

A Newsletter about Woodgrove High School's
FAMILY AND CONSUMER SCIENCE DEPARTMENT

Volume 1, Issue 5

March 2013

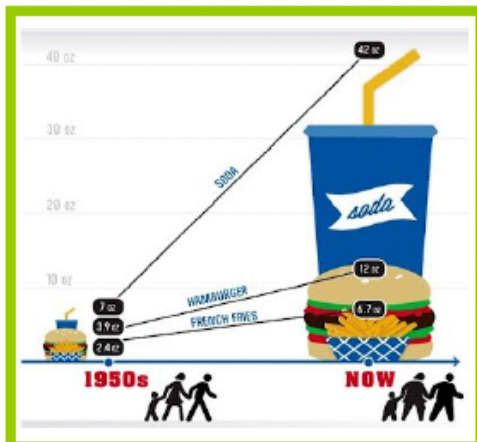
Portion Distortion

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people. With this growth has come an increase in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion I (2003) and Portion Distortion II (2004) found at <http://hp2010.nhlbi.nih.gov/portion/>. You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

We hope you find Portion Distortion insightful and fun. We also hope that next time you eat on the run, you will think twice about the food portions offered to you.

According to the Centers for Disease Control, 36% of American adults are obese. If you are overweight or obese, carrying this extra weight puts you at risk for developing many diseases, especially heart disease, stroke, diabetes, and cancer. Losing this weight helps to prevent and control these diseases. The NHLBI guidelines provide you with a new approach for the measurement of overweight and obesity and a set of steps for safe and effective weight loss.



KEY RECOMMENDATIONS

(From the Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults)

Weight loss to lower elevated blood pressure in overweight and obese persons with high blood pressure.

- Weight loss to lower elevated levels of total cholesterol, LDL-cholesterol, and triglycerides, and to raise low levels of HDL-cholesterol in overweight and obese persons with dyslipidemia.

- Weight loss to lower elevated blood glucose levels in overweight and obese persons with type 2 diabetes.



- Use the BMI to assess overweight and obesity. Body weight alone can be used to follow weight loss, and to determine the effectiveness of therapy.

- The BMI to classify overweight and obesity and to estimate relative risk of disease compared to normal weight.

- The waist circumference should be used to assess abdominal fat content.

- The initial goal of weight loss therapy should be to reduce body weight by about 10 percent from baseline. With success, and if warranted, further weight loss can be attempted.

- Weight loss should be about 1 to 2 pounds per week for a period of 6 months, with the subsequent strategy based on the amount of weight lost.

- Low calorie diets (LCD) for weight loss in overweight and obese persons. Reducing fat as part of an LCD is a practical way to reduce calories.

- Reducing dietary fat alone without reducing calories is not sufficient for weight loss. However, reducing dietary fat, along with reducing dietary carbohydrates, can help reduce calories.

The F.A.C.S. of Life

A Newsletter about Woodgrove High School's
FAMILY AND CONSUMER SCIENCE DEPARTMENT

- A diet that is individually planned to help create a deficit of 500 to 1,000 kcal/day should be an integral part of any program aimed at achieving a weight loss of 1 to 2 pounds per week.
- Physical activity should be part of a comprehensive weight loss therapy and weight control program because it: (1) modestly contributes to weight loss in overweight and obese adults, (2) may decrease abdominal fat, (3) increases cardiorespiratory fitness, and (4) may help with maintenance of weight loss.
- Physical activity should be an integral part of weight loss therapy and weight maintenance. Initially, moderate levels of physical activity for 30 to 45 minutes, 3 to 5 days a week, should be encouraged. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week.
- The combination of a reduced calorie diet and increased physical activity is recommended since it produces weight loss that may also result in decreases in abdominal fat and increases in cardiorespiratory fitness.
- Behavior therapy is a useful adjunct when incorporated into treatment for weight loss and weight maintenance.
- Weight loss and weight maintenance therapy should employ the combination of LCD's, increased physical activity, and behavior therapy.
- After successful weight loss, the likelihood of weight loss maintenance is enhanced by a program consisting of dietary therapy, physical activity, and behavior therapy which should be continued indefinitely.

- A weight maintenance program should be a priority after the initial 6 months of weight loss therapy.

ASSESS YOUR RISK

According to the NHLBI guidelines, assessment of overweight involves using three key measures:

- body mass index (BMI)
- waist circumference, and risk factors for diseases and conditions associated with obesity.

The BMI is a measure of your weight relative to your height and waist circumference measures abdominal fat. Combining these with information about your additional risk factors yields your risk for developing obesity-associated diseases.

Body Mass Index (BMI)

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The limits are:

- It may **overestimate** body fat in athletes and others who have a muscular build.
- It may **underestimate** body fat in older persons and others who have lost muscle mass.

Please check with your physician before beginning any weight loss program.

Information pertaining to personal health and nutrition are taught in Gourmet Foods.

Portion Distortion

What you're served



1/2 lb cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What's one serving



1/4 lb cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

Students celebrated
FCCLA week February
11th-15th. Stay tuned
for what's being planned
for the remainder of the school year!



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



TSA 2013 Regional Results

Congratulations goes out to our Technology Education Association (TSA) team for their efforts and placement in this weekend's Regional Competition. The following students placed top 10 in our Northern Region.

In Career Preparation placing 7th is Lexie Amundson

In Engineering 3D CAD placing 10th is Tristan Poole

In Debating Technology Issues placing 5th is the team of Kathryn Ayala and Alex Palacios

In Dragster Design placing 8th is Taylor Gomez

In Extemporaneous Presentation placing 7th is Saajid Hasan

and

In Promotional Graphics placing 7th is Megan Mathewson

The following TSA members placed in the top 3 in their events and will advance to State Level competition in May.

In Flight Endurance placing 2nd is Russell Heivilin

In Manufacturing Prototype placing 3rd is the team of Milo Burke, Russell Heivilin, Kris Miller and Robert Tippet. There was a team from the Association for Mechanical Engineers who were among the judges for Manufacturing Prototype. They presented our Woodgrove team with a special award for creating a prototype that involved green engineering concepts. Also, they explained that our team's prototype was innovative and relevant.

and

In Prepared Presentation placing 2nd is Lexie Amundson

We congratulate all TSA members on your hard work and dedication to integrating **STEM** into your world! Good luck at States in Richmond May 3-5 and as you work towards Nationals in June in Orlando, Florida!

HISTORIC SPRINGHOUSE PRODUCTIONS

PRESENTS:



The Music Man

Book Music and Lyrics by Meredith Willson

Presented through special arrangement with Music Theatre International (MTI)

Come strike up the band and get ready for 76 trombones to play the hit parade! Historic Springhouse Productions will present *The Music Man* on April 18, 19, and 20 at 7:00 pm and on April 21 at 2:00pm. Their upcoming production of the family-friendly musical will prove to be a hit for all audiences! *The Music Man* is a musical with book, music, and lyrics by Meredith Willson, based on a story by Willson and Franklin Lacey. The plot concerns con man Harold Hill, who poses as a boys' band organizer, and his endeavors to sell band instruments and uniforms to naïve folk before escaping town, cash in hand. In River City, Iowa, prudish librarian and piano teacher Marian Paroo sees through him, but when Harold Hill helps her younger brother, Winthrop, overcome his fear of social situations, Marian begins to fall in love with Harold. Harold, in turn falling for Marian, risks being caught to win her. In 1957, the show became a hit on Broadway, winning five Tony Awards, including Best Musical, and running for 1,375 performances. The show stars Sophomore Sam Van Vleet as Harold Hill, Sophomore Lauren Albanese as the prudish librarian Marian Paroo, Senior Melissa Allen as the wise mother Mrs. Paroo, Senior Alexa Fetterly as the hilariously awkward Eulalie MacKecknie Shinn and sophomore Chris Consaul as her know-it-all husband Mayor Shinn. With a total cast of over 30 actors, singers, and dancers, an orchestra of 15, and a technical crew of more than 20, this production will have something for everyone. Director David Noland is excited to share this show with the community and is happy to have the returning expertise of musical director Jessica Morgan and orchestra conductor Bill Strickler. All are encouraged to attend this wonderful family-friendly production! Dates, again, are April 18th, 19th, and 20th at 7:00 pm, and an April 21st Matinee at 2:00pm. Tickets are \$10.

STUDENT SCOOP...DID YOU KNOW?

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



CLASS SPONSORS:

SCA (Student Council Association)

MELANIE NEUBAUM
and JEFF SCHUTTE

SENIORS MARGARET CUCINELL,
EMILY STEVENS
and KELLEY HINES

JUNIORS RUSS THOMPSON
and SAMANTHA ZOLLER

SOPHOMORES KAREN CASTELLI,
PAM DARDEN
and CAROLINA WELLS

FRESHMEN SHANNON RAINSBERGER,
and RICH ROVANG

SENIORS

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

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

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

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

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

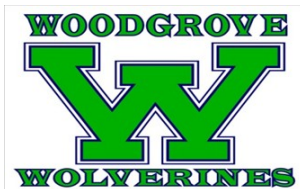
Payment turned into: Kelley Hines, Margaret Cucinell or Emily Stevens, Senior Class Sponsors

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

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

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

_____ Only purchasing cap, gown, stole, tassel (COST: \$55.00)
This must still be purchased through Senior Class and NOT directly from Herff-Jones.



From the PTSO President:

The Woodgrove High School PTSO is very proud to put forth Mr. David Noland for Theater and Ms. Barbara Kabernagel, Special Education, as our nominees for Shenandoah University's 2012-2013 Teacher of the Year Award. Candidates for this prestigious award must have five years teaching experience in Loudoun County Public Schools, be committed to students and their learning, know the subject they teach and how to teach it to students, be responsible for managing and monitoring student learning, think systematically about their practices and learn from experience and be active members of their community. To be considered for this year's award, teachers had to be from the areas of Special Education, Art, Drama, Music, PE, English as a Second Language or Gifted and Talented.

We are very proud of ALL of our Woodgrove teachers, which made the selection incredibly difficult. Mr. Noland and Ms. Kabernagel will be recognized and the Teacher of the Year will be announced at a banquet honoring all the candidates in April. We wish them all the best. Thanks to everyone who shared their wonderful experiences with me in support of their candidacy.

A heartfelt thank you goes out to our Hospitality Chairperson Karina Chiesa and Volunteer Coordinator Chris Vann for their involvement in helping make the Battle of the Books competition and luncheon a success and to all those wonderful Woodgrove parents whom we relied upon to come up with the best lasagna in the county!

At our next general membership meeting April 9th at 7 pm in the Woodgrove library, we will hear from experts on substance abuse prevention. As our teens gain their independence and our seniors prepare for a life away from home, parents can't protect their children from everything. They can learn how to continue the conversation regarding substance abuse and other important issues. Please join us.

It is nearing that time of the year again – can you believe we are entering the last quarter of the year soon? The Woodgrove PTSO is looking for a few good Wolverines to serve as members of the Executive Board, help publish our weekly eNewsletter or assist with our various committees. Elections for Officers will be held in May. Please contact Tamra at: chatamco@yahoo.com if you are interested.

Sincerely,



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

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

It is never too 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:

Tuesday, April 9	7 pm	General Membership Meeting – Substance Abuse Parent Info Mtg
Saturday, May 11		Prom
Tuesday, May 14	7 pm	General Membership Meeting
Monday, June 10	8 am	Graduation
Monday, June 10	9pm – 2 am	Graduation Night Party 2013

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.

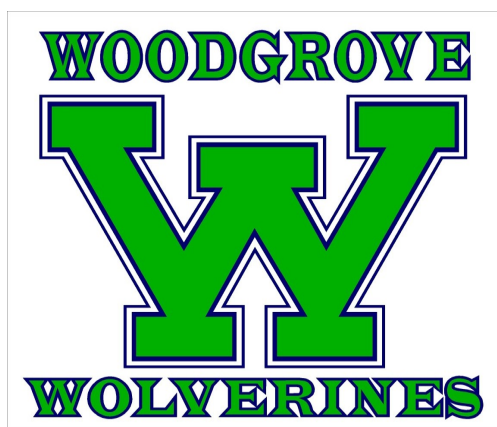
Just click on the image to sign up in a flash:



HELP BUILD ON OUR SUCCESS...

JOIN THE

WOODGROVE HIGH SCHOOL 2012/2013 PTSO



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: _____ 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.

SAVE THE DATE!

GRADUATION NIGHT PARTY

AT WHS- MONDAY, JUNE 10TH 9 P.M. – 2 A.M.

The Class of 2013 will celebrate their graduation evening with a very special party at WHS that will feature a casino complete with table games, music, dancing, virtual reality and arcade games. Also a graffiti wall, photo booth, magic, and more! There will be FREE food and great prizes given out at the end of the night.

CONTEST! Design the official logo for the 2013 Graduation Night Party.

Find details here: <http://www.lcps.org/Page/105347>

SAVE THE DATE! The goal of the party is to give our Seniors a safe way of celebrating one last, memorable evening as "Wolverines". Please consider making a monetary donation or gift of prizes, services, gift certificates or gift cards towards this effort.

VOLUNTEER! There are plenty of ways in which we can use your help including food, prizes, decorating, set-up, chaperoning, game attendants and poker dealers. Volunteers are needed the night of the event, but many are needed now to help with the preparations. If you are interested in volunteering, please contact: WoodgrovePTSOVolunteer@gmail.com. If you would like to sponsor our efforts by contributing funds or a prize, please contact: WoodgrovePTSOPresident@gmail.com or drop it off at the school. Thank you so much for your support. Here is our list of sponsors to date:

<http://www.lcps.org/Page/101748>



Design Contest

Create the official Logo Design for the
1st Annual

Graduation Night Party!

Suggested Style: Tattoo Art

Required Elements:

Graphic depicting a Casino (dice, cards, roulette wheel)

Graphic depicting Luck (clover, horse shoe)

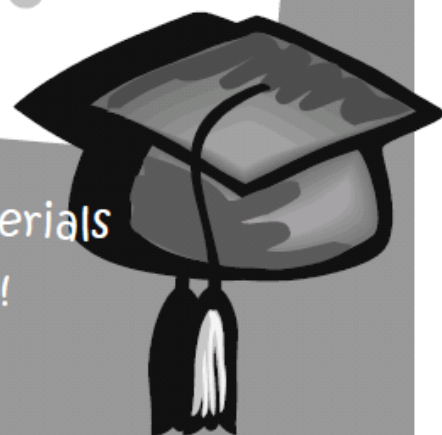
Text: Lucky '13

Must be color, hand drawn or computer generated. No photography. In pdf format, reproducible in three sizes. Content must be appropriate.

Winner receives Moe's Lunch at school for you and 4 friends!

Logo will be used on all
Graduation Night Party promotional materials
Great for portfolio and College apps!

Open to all students. Submit design by 10pm April 2nd.
tiabrierton@verizon.net





WM&AA

WOODGROVE MUSIC & ARTS ASSOCIATION

WOODGROVE'S FINE ARTS STUDENTS NEED YOUR HELP!

Many members of the present Board of the WMAA will be moving on at the end of this school year. In three short years, the Board has been able to accomplish much in order to finance many important needs for all the Fine Arts departments these last 3 years. We can't let this organization flounder. We need to continue the momentum. Please consider being involved with the only booster organization in the County that supports all sections of the Fine Arts department. Without you, there will be no WMAA next year, and the many needs of the Fine Arts departments will go unfunded. If you would like a little more information on time commitment/involvement, contact Chris Miller, thosemillers@rstarmail.com

Band Students and Parents,

There are several important dates coming up for band in April, May and June.

- ♦ Solo and Ensemble- April 20th
- ♦ District Jazz Band assessment- April 27th. We need some parent volunteers to help run concessions and help manage staging on Friday April 26th and Saturday April 27th. If you are interested in helping out please contact Mr. Strickler. William.strickler@lcps.org or Chris Miller thosemillers@rstarmail.com
- ♦ There are 4 after school rehearsals scheduled for those students going on the Spring Trip. The Spring Trip Band will be rehearsing on April 29, April 30, May 1 and May 2 from 4:00PM-6:00PM in the Band Room.
- ♦ Marching Band Applications are Due by May 1st. The application should be accompanied with a check of at least a \$100. No student is denied due to financial difficulties. If you need help, please contact Mr. Strickler william.strickler@lcps.org
- ♦ Marching Band Leadership training will be held on April 24, May 8 and May 15 in the Band Room. Candidates must attend at least two leadership training sessions to be eligible to audition for a leadership position. Leadership and Drum Major auditions will be held on May 28.
- ♦ The following dates and times are required and part of all band student's 4th quarter grade. Please talk with Mr. Strickler if you have conflicts, questions or concerns, william.strickler@lcps.org

After School Spring Concert Rehearsal: May 13 from 4:00-6:00PM in the Band Room
Spring Concert: May 15 at 7:00PM- All band students need to report fully dressed in concert attire by 6:00PM

After School Graduation Rehearsal: June 4 1:45-3:45PM in the Band Room
Graduation: June 10 at 8:00AM- All band students need to report fully dressed in concert attire and ready to warmup by 7:00AM. Students must turn in their concert attire at the completion of graduation.

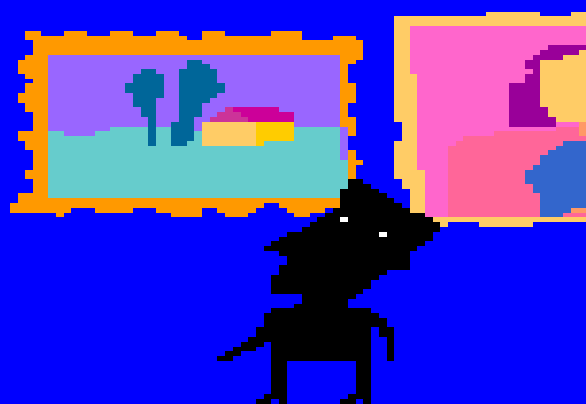


Celebrate Woodgrove's student artists

March – and April for that matter – is the
month of the student artist in
Loudoun County.

You are invited to view original artwork from
11 a.m. to 5 p.m. April 1-27 on Wednesdays
through Sundays. Emerging Artist Displays
will be available for viewing at the
Hill High Building,
5246 Harry Byrd Highway, Round Hill.

A reception will be held at 7 p.m. April 19





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.

Sport Injuries

Turf Toe

Turf toe is a sprain that occurs at the base of the big toe. It usually occurs when the toe is bent backward too far and goes beyond where it should go. It can be a significant problem because players use the big toe when they run, plant and push off. It can be so painful that the student-athlete can't play at all.

Turf toe got its name because athletes playing on artificial were at a higher risk of suffering this injury than athletes playing on natural grass. Since artificial turf has such a strong grip, many athletes wore tennis shoes, which have a soft sole, especially in the forefoot. These types of shoes don't protect the toe at all. So it wasn't the turf that caused these injuries but rather the footwear that made these athletes more susceptible. Turf toe can occur on any surface!

Turf toe is usually treated with ice, anti-inflammatory medication, rest and devices or tape used to stiffen the shoe or to prevent the toe from being bent back further. The prognosis for turf toe is pretty good as far as the ability to return to action, but it's relatively poor in the sense that you never really cure the condition. The more you injure the big toe the more the joint starts to become arthritic, which means you'll begin losing motion and mobility. Sometimes you'll develop a large bone spur around the joint that needs to be removed surgically.

The important thing is that getting a stiff-soled shoe like a cleat shoe can prevent this type of injury. This type of shoe usually has a built-in plastic sole that has more rigidity than a tennis shoe.

Nutrition

Folic Acid may ease asthma symptoms

Researchers from Johns Hopkins Children's Center report they have found a clear indication that folic acid may indeed help regulate immune response to allergens and may reduce allergy and asthma symptoms. Higher levels of Folate may even reduce the risk of having asthma by 16%.

Folate is found in foods such as green leafy vegetables, chick peas and lentils. Folic acid- the synthetic, bioavailable form of Folate is obtained from grain products in the US and Canada following introduction of mandatory fortification in 1998. According to the findings of the study, higher Folate levels were associated with lower levels of IgE antibodies, as well as fewer reported allergies, less wheezing and lower likelihood of asthma.

The area of this study is ongoing, confirmed the researchers. They still need to figure out the exact mechanism behind it, and to do so we need more studies that follow people receiving treatment with folic Acid, before we even consider supplementation with Folic Acid to treat or prevent allergies and asthma.

Currently, supplementation with Folate and Folic Acid is recommended to all women of child-bearing age since most neural tube defects, including spina bifida and anencephaly, occur within the first 22 to 28 days of pregnancy, when the mother-to-be is not aware she is even pregnant. Folic Acid supplements after this time are too late to prevent neural tube defects and therefore fail to benefit women with unplanned pregnancies, more than half of all pregnancies in the US.

ATTENTION:

AFFORDABLE SPORTS PHYSICALS...

VHSL sports physicals for all high school athletes and youth football players will be performed by local health care providers!



Loudoun Valley and Woodgrove Athletics

*Loudoun Pediatric
Associates*

These physicals will satisfy the 2013-2014 pre-participation examination requirements for all high school athletes and youth football players. Come to:

Loudoun Pediatrics

205 East Hirst Road Suite 302
Purcellville, VA 20132

MAY 29, 2013

New ONLINE REGISTRATION!

High School <https://webinter.lcps.org/SPAR/>



ULYFL Players	5:30 PM
Rising 9 th Grade	6:00PM
Rising 10 th Grade	6:30PM
Rising 11 th Grade	7:00PM
Rising 12 th Grade	7:30PM

PRE-REGISTER FEES ONLY

\$30 for the first athlete in the family...**\$25** for each additional athlete in the family! **\$35** walk-ins.

Please Contact the WHS Athletic Department with any questions (540) 751-2610

WWABC

N * E * W * S

DO YOU LOVE FOOD? DO YOU LIKE TO MAKE MONEY? Then you could be the **PERFECT Concessions Chairman** for the WWABC and manage a team of food lovers, like yourself, to bring yummy treats to our loyal athletic spectators! The WWABC is looking for a new Concessions Manager for the 2013-2014 school year. Training could begin immediately so if you are interested, please contact Joe Koester or Tony Ellis (<http://www.lcps.org/Page/37846>) for additional information.

AVID GOLFERS WANTED!!!! The WWABC is also looking for a new "Fore the Wolverines" Golf Tournament Chairman for 2013. The Golf Tournament proceeds fund the WWABC's senior scholarships. This year the tournament made almost \$12,000. That's a lot of scholarship money for our athletes! Please volunteer so this great event may continue to benefit the Wolverines!

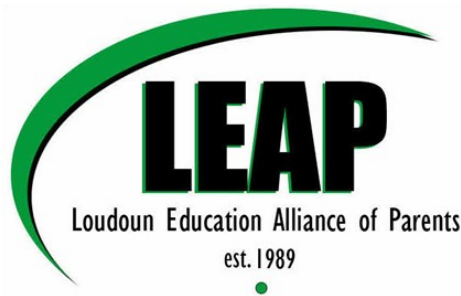
THE WOODGROVE FAMILY GRILL IS COMING SOON! Ground is breaking on the construction of the Woodgrove Family Grill! There still may be time to buy a brick so your student's name will forever be a part of Woodgrove's history. Bricks are only \$35. Check out the history and construction of the Grill at <http://www.lcps.org/Page/99917>.

ADD THESE FUN WWABC EVENTS TO YOUR SPRING CALENDARS:

May 4 - WWABC SPRING PARENT SOCIAL

June 2 - SENIOR ATHLETE BARBECUE

Exciting details coming soon!!!



“The ABC’s of Testing SOL’s & SAT’s

The March 13th meeting provided LEAP delegates with overviews of the Virginia Standards of Learning and the Standardized Tests used by Loudoun County Public School.

John Panettieri, LCPS Supervisor of Testing, provided an overview of the Standards of Learning (SOLs) and Alternative Testing for students with disabilities. Annual assessments, which include SOL tests and alternative assessments, provide information on individual student achievement including those with special needs.

- SOLs – establish expectations for what students should know and be able to do at the end of each course. Course assessment includes English (which includes writing), mathematics, science, and history/social science.
- Alternative assessments include VAAP, VGLA, VSEP, and VMAST:
 - VAAP (Virginia Alternate Assessment Program) is designed to evaluate the performance of students with significant cognitive disabilities.
 - VGLA (Virginia Grade Level Alternative) is available for students in grades 3-8 as an alternative assessment for the SOL testing. The VGLA is only available to eligible students with disabilities and eligible students with limited English proficiency.
 - VSEP (Virginia Substitute Evaluation Program) is an alternative method of assessing students who, because of their disability, are unable to participate in the SOL method of assessment.
 - VMAST (Virginia Modified Achievement Standards Test) is designed for students with disabilities who are learning grade-level content but cannot fairly be held to the same achievement standards as their non-disabled classmates.

Ryan Tyler, LCPS Director of Research, provided an overview of the Virginia waiver to No Child Left Behind (NCLB) and the impact on Standards of Learning (SOL) target pass rates that schools are now required to meet. Specifically:

- Elementary and Secondary Education Act (ESEA): Requires states to set annual objectives for increasing student achievement with the goal of ensuring that all children have an opportunity to obtain a high-quality education.
- Annual Measurable Objectives (AMO): Established for reducing proficiency gaps between low-performing and high-performing schools.
- Accountability and Student Academic Progress: A school’s state accreditation rating reflects overall achievement in the four core academic areas of English, history/social science, mathematics and science. In addition, high schools must meet a minimum benchmark for graduation and completion.

Christi Campbell, John Champe High School Counseling Director provided an overview of SAT (Scholastic Aptitude Test), ACT (American College Testing), and AP (Advanced Placement) testing. Specifically, understanding standardized test options in Loudoun County Public Schools:

- Please see the presentation titled “[Understanding Standardized Test Options in Loudoun County Public School](#)” for more detailed information.

For more information, please check the LEAP website at <http://www.lcps.org/Page/95902>

Next Meeting: Wednesday, April 10, 2013 at 7:00 pm @ the LCPS Administration Building in Ashburn
Topic: Cyber Safety

Members of the community are encouraged to attend LEAP meetings.

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

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

Loudoun County
Public Schools



What are the functions of SEAC?

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

Who serves on the SEAC, and may I join?

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

How can SEAC help you?

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

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



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

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



Meetings and Presentations

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

DATE	TOPIC
September 18, 2012	Superintendent's View On Special Education
October 16, 2012	Inclusive Schools: How To Support, Develop, And Maintain Peer Mentor Programs
November 13, 2012 (2 nd 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 participation and involvement;
- Discussing targeted goals and objectives for the 2012-2013 school year;
- Identifying ways to increase parent participation and advocacy for minority children in Loudoun County.

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

Please visit MSAAC's website at:

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

for more information.

***The parent delegate for Woodgrove High School is
Nichelle Watts-Rivera. Please contact Nichelle at
nwattsrivera@yahoo.com
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 <https://www-secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094.

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

Any questions please email woodgroveptsofundraising@gmail.com.
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 re-enrolled each year!

https://www.giantfood.com/our_stores/bonus_bucks/designate_school.htm?execution=e1s1



Food Lion

School ID 219558

For this program to work we need to have at least 25 people register!

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.

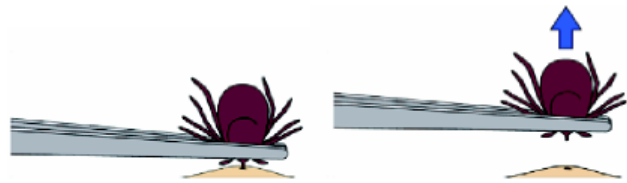
Tick Removal

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



You are invited to...

THE EVENT OF THE SEASON:



SATURDAY SHARE AND SHOP

TIME: April 13 from 9-noon

WHERE: Woodgrove High School Cafeteria

HOW YOU CAN HELP:

- Donate clean, gently used clothes, shoes and formal wear.
- Please sort and label the clothing by size/gender.
- Donate household items and sports equipment.

Donations may be left at several cluster schools ONLY

between Monday, April 8th through Thursday April 11th

Lovettsville Elem., Woodgrove High School: Pam Hayba; Harmony Middle: Rhonda Lough; Mountain View and Waterford Elem.: Teresa Forbes; Round Hill and Hillsboro Elem.: Heidi Renner

HOW IT CAN HELP YOU:

- Come to Woodgrove on April 13th to SHOP! All donated items will be displayed and available at NO CHARGE—

EVERYTHING IS FREE.

If you have questions or would like to help, please contact your school's Parent Liaison (listed above) or Pam Hayba:
pam.hayba@lcps.org



ATTENTION ALL TEEN GIRLS



JWCL presents...

PROM WISHES

You are invited to select a **FREE** prom dress, shoes & accessories at the Prom Wishes event. JWCL collects new and gently used dresses then offers them to teen girls – **FREE OF CHARGE!!**

**Saturday, April 6th, 2013
10 am – 2 pm**

**RUST Public Library
380 Old Waterford Road Leesburg, VA 20176**

For additional information see our website: www.JWCL.org
e-mail us at promwishes@jwcl.org

The Junior Woman's Club of Loudoun (JWCL) is a community service organization that has been active in assisting local charities and causes for over 60 years. It is a member of the General Federation of Women's Clubs, the world's largest non-political, non-denominational volunteer organization for women.

**JWCL is recognized by the IRS as a 501(c)(3) tax-exempt organization.
JWCL tax id 54-6059797**



ATENCION A TODAS LAS CHICAS ADOLESCENTES



Quedan invitadas para elegir un vestido de promoción, zapatos, y accesorios GRATIS en el evento de Prom Wishes. JWCL recauda vestidos nuevos o casi nuevos y se los ofrece de manera GRATUITA a las chicas adolescentes.

**Sábado, 6 de Abril del 2013
10 am – 2 pm**

**RUST Public Library
380 Old Waterford Road Leesburg, VA 20176**

Para mas información visite: www.JWCL.org
e-mail promwishes@jwcl.org

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LCPS MENUS ARE ONLINE AND
CAN BE ACCESSED BY
CLICKING HERE