



WOODGROVE HIGH SCHOOL

Principal's Message

January 2016

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

Happy New Year! I hope everyone had a safe and enjoyable winter break. With the New Year upon us, we have many important and exciting events planned in the days, weeks and months ahead. As our first semester ends on Thursday, January 28, please note that our second semester will begin on Monday, February 1, with an "A" day. Friday, January 29 is a planning day for teachers.

Our outstanding parent organizations, WWABC, WWMA and WPTSO have been very busy recently coordinating a number of events here at school. Thank you to Adrienne Lyne and Karina Chiesa of the WPTSO, and the rest of the many Woodgrove families for providing staff with delicious cookies during a Cookie Exchange on December 15 and 16. What a festive way to begin the winter holiday! We cannot thank our parent groups enough for the wonderful support they provide to our school. Please be sure to look for information on our website regarding meetings and upcoming events. Hopefully you can take some time and participate in these events and opportunities.

We expect 2016 to be an excellent year at Woodgrove! We wish everyone the best and look forward to your continued support.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

Seniors, as a reminder if you are planning on applying early action, early decision or regular decision to a college many of those deadlines are fast approaching. All requests for an official transcript and secondary school report/counselor statement **must be submitted at least 3 weeks prior to the deadline.** Please remember you must submit a completed and signed **PINK** form and \$3.00 for each transcript request.

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & COUNSELOR STATEMENT DUE TO THE SCHOOL COUNSELING OFFICE
February 1	January 11
February 15	January 25
March 1	February 9
March 15	February 23

Upcoming Events

College Night

Monday, January 4, 2016 join us for the annual College Night from 7:00pm - 9:00pm here at Woodgrove High School. The information is geared toward 10th and 11th grade students and parents. However all students and parents are welcome. Local college representatives will be speaking on various college related topics.

ASVAB Test

Thursday, January 7, 2016 9:00am at Woodgrove High School. Students can register [here](#).

Super Saturday – FAFSA Day at WHS

Saturday, January 16, 2016 10:00am – 1:00pm at Woodgrove High School. LVHS and WHS families are invited to join us for our annual financial aid assistance and informational session. Time will be allowed to complete FAFSA Forms. Sponsored by NVCC.

Course Selection Night

Thursday, February 4, 2016 students and parents are invited to make curriculum selections for the 2016-2017 school year. We welcome 8th graders at 6:00pm & 9th-11th graders at 7:00pm. Contact the School Counseling Office if you have any questions.

Gap Year Fair

Thursday, February 4, 2016 6:00pm – 9:00pm at John Champe High School, 41535 Sacred Mountain Street, Aldie, VA 20105. USA Gap Year Fairs is the premiere national circuit of gap year events. The fairs bring together

over 100 organizations in total, averaging 40 at each fair that bring together programs, students, families, college counselors, and Gap Year experts. For students and parents interested in taking a Gap Year, these fairs are the legitimate source to connect with reputable gap year programs focusing on Education, Service and Personal Growth. Each fair features a presentation by a gap year expert. The guest speaker will be Holly Bull from 6:00-7:00pm.

Career Center Visits & Info

Visits this year will take place mainly during the FLEX Block. **Students must sign up for visits through Naviance / Family Connection.**

Those who are not on the list will not be permitted to attend. Attendees must print their registration from Naviance to serve as a pass. Please visit Mrs. Sutphin in the Career Center with any questions.

1/12 at 10:45 am

US Marine Corps Recruiter

*check Naviance / Family Connection for the most up-to-date list

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

January 9, 2016 – VPA statewide auditions at George Mason University

Academic Programs

For more information about the program click [here](#). For application forms stop by the School Counseling Office or visit our [Governor's School](#) page on the website for links to all the applications.



Don't wait get connected! Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process. Students' username should both be their **6-digit student ID number** and their password is their birthdate in the **mmddyy** format. 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, visit the Naviance FAQ page at <http://www.lcps.org/Page/37870> located on the WHS

WOODGROVE HIGH SCHOOL

School Counseling News

website or contact Rachel Sutphin at
rachel.sutphin@lcps.org

It's Never Too Early to \$tart Thinking About \$cholarships

Visit the [LCPS School Counseling](#) webpage for up-to-date county wide scholarship postings.

- [GE-Reagan Foundation Scholarship Program](#) – Due 1/7/16
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/16
- [Gates Millennium Scholars Program](#) – Due 1/13/16
- [United States JCI Senate Foundation Scholarship](#) – Due 1/15/16
- [United Daughters of the Confederacy Scholarships - General Scholarship](#) – Due 2/1/16
- [American Society of Military Comptrollers \(ASMC\) Scholarship Washington Chapter](#) – Due 2/5/16
- [Lee-Jackson Educational Foundation Scholarship Program](#) – Due 2/5/16
- [VMDAEC \(Virginia, Maryland, and Delaware Association of Electric Cooperatives\) Educational Scholarship Foundation](#) – Due 2/10/16
- [TheDream.US Scholarships](#) – Due 2/15/16
- [Armed Forces Communications & Electronics Association – NOVA](#) – Due 2/28/16

Interested in the Military?



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

January 7, 2016 at 9:00 am – **Woodgrove High School**

March 5, 2016 at 9:00 am – Loudoun Valley High School

If interested, you can sign up [here](#).

Monthly Military Visit Schedule

				
3 rd Tuesday 12:00 PM	1 st Thursday 10:45 AM	4 th Tuesday 10:45 AM	2 nd Tuesday 10:45 AM	2 nd Friday 12:00 PM

2015-2016 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
January 23	12/28	1/12
March 5* <i>New SAT</i>	2/5	2/23
May 7 <i>New SAT</i>	4/8	4/26
June 4 <i>New SAT</i>	5/5	5/25

* Class of 2017, be sure to check your college/university's website regarding SAT scores for the new test format. For instance, those who plan to apply to Virginia Tech in the fall of 2017 and beyond, are required to take the redesigned SAT test, which will be available on March 5, 2016. To learn more about the new, redesigned SAT test, visit <https://collegereadiness.collegeboard.org/sat>.



www.actstudent.org

Test Date	Registration Deadline	Late Registration
February 6	1/8	1/15
April 9	3/4	3/18
June 11	5/6	5/20

Looking for SAT/ACT Prep Options?

The Hunt Course is offering small group and quick review classes in the Purcellville Baptist Church located at 601 Yaxley Drive. Seating will be limited. Early registration suggested. New courses start on **January 23rd** and **April 2nd**. Visit www.huntprograms.com for more information today!

WOODGROVE HIGH SCHOOL

School Counseling News

Visit the [Counseling](#) webpage for more helpful resources.

Leadership, Volunteer & Job Opportunities

For all job, internship and volunteer opportunities check out the board in the Career Center.

BLAST Summer Program for 9th Graders

The Building Leaders for Advancing Science and Technology (BLAST) program is designed to attract students who are motivated to learn, but have not yet shown interest in science, technology, engineering or math (STEM) coursework. This FREE program is open to 9th grade students and will take place the summer of 2016. It will allow them to spend four exciting days on the campus of Old Dominion University, University of Virginia or Virginia Tech engaged in hands-on STEM activities and demonstrations led by experienced faculty members. Please visit their website for program information and an online application, <http://www.blast.spacegrant.org/>. The deadline for the application is **February 1, 2016**. The program is a partnership between the Virginia Space Grant Consortium, Old Dominion University, the University of Virginia, Virginia Tech and the Commonwealth of Virginia.

Interested in Being a Mentor?

Check out the Mentor Program, a wonderful service club here at WHS. As a participant, students commit to helping an elementary student or a classroom teacher one morning a week prior to the beginning of the school day. Mentors may choose to be a classroom helper or work with an individual student as a tutor or role model. Many mentors choose to go to the school closest to their home or they enjoy volunteering in the elementary school they attended. Students may pick up an application in the Career Center from Mrs. Hayba. Once completed and signed by a parent, an interview is scheduled and then the student is placed and ready to begin. WHS students log their volunteer hours and enjoy this opportunity to give back, and some may even decide to become teachers!

2015-2016 Counselor Assignments

	<u>Students</u>
Ms. Astrid Willemsma	A-C
Mr. Steven Cohen	D-Ha
Mrs. Donna Kelly	He-Mc
Mrs. Barbara Bell	Me-Sa
Mrs. Katharine Warehime	Sc-Z
Mrs. Geri Fiore	Director of School Counseling
Ms. Teresa Holland	Administrative Guidance Secretary
Mrs. Stephanie Butler	Guidance Secretary
Mrs. Rachel Sutphin	Career Center Assistant



Woodgrove High School

36811 Alder School Road
Purcellville, VA 20132
540-751-2600



To our Woodgrove families and community,

This school year, new instructional initiatives from Loudoun County Public Schools are being instituted at schools throughout the district. WHS students will be participating in activities designed to support the LCPS One to the World (OTTW) initiative in all classes. The four key elements of an OTTW project are defined to include:

- Significant content and important competencies
- Authentic challenging problems in the World
- Public product for the World
- Connection with the World

The activities in which students participate will be defined by the classroom teacher, and many students have already created projects which follow these guidelines.

To support these initiatives, Loudoun County Public Schools has also made the decision to allow students to bring their personal devices to school and access the Internet using the school wireless network. This access is being provided to allow students to use their personal devices as indicated by teachers in the classroom to support instructional activities. The open wireless access for Woodgrove High School students will be available at the start of the second semester. At this time, students will have access to the Internet via the wireless network using their personal device. Access to the open wireless will not require a password, but students are responsible for connecting their device to the wireless network. WHS and LCPS staff will not configure personal devices.

Personal devices may include laptops, tablets, or phones and should be able to access the provided wireless network. LCPS will not make specific recommendations to device type to utilize in the classroom. The decision to bring a device is optional, and the type of the device has been left to the discretion of the parent and student.

To support the responsible use of personal devices in the school and at home by students, all LCPS schools are required to participate in the Digital Citizenship curriculum provided by the Common Sense organization. The Common Sense organization, <https://www.commonsensemedia.org/>, provides resources to families and schools to help adults have conversations with children to keep them safe when using online resources. An example of the Common Sense organization Family Tip Sheet has been provided, and additional resources can be found using the URL: [Curriculum Overview](#)

At Woodgrove High School, students and staff have participated in these activities as part of our FACETIME sessions. Participation in these activities is part of the requirements to provide the open wireless to students.

For additional information on access to the open wireless at WHS, please contact the school administration, or our Technology Resource Teacher, William Hicks (William.Hicks@lcps.org). Please join us in the WHS library on January 19th, at 7:00 PM for a short presentation on the BYOT initiative and the Phoenix parent portal, ParentVUE.

Best regards,

William S. Shipp
Principal

Digital Drama

When it comes to discussing social media, it's important that adults and kids speak the same language. What grown-ups think of "cyberbullying" might be explained away by kids as "digital drama." But it's not trivial. Digital drama brews in the offline world and simmers online when kids feel emboldened to say or do things that they wouldn't face-to-face. Checking in with kids and observing them as they interact with technology can ensure your conversations are productive and helpful.

- **Ask how they are ... then ask again.**

It may seem simple, but ask your kids how they are doing on a daily basis. Also, watch for telltale signs that they are suffering from digital drama — a change in mood or behavior — as your kids interact with their phone and other devices. They may be absorbing subtle social messages in not-so-healthy ways. Ask lots of questions to determine how your kids view media and interact with technology. What are their favorite tools? Why do they value technology? What are some benefits as well as pitfalls of our 24/7 world?

- **Hit the pause button.**

If your child is on the receiving end of someone else's hurtful online behavior, encourage him to "take it offline." It may be tempting to continue the conversation online; however, face-to-face can be more constructive. The lack of body language, facial expressions, and tone with online communication easily can lead to misunderstandings. Encourage kids to "walk in another's shoes" to make sure that they are considering all perspectives. At the very least, "taking it offline" will give your child time to process how to act — rather than just react.

- **Read between the lines.**

With the popularity of photo sharing, kids often receive evidence that they were not included ... which then leads to feelings of exclusion. Imagine your child seeing a photo of friends at dinner and realizing that she was not invited. While it is true that no one is included in everything, it is a hard rite of passage for kids to learn — and often they just need a sympathetic ear or an alternative social activity. Unfortunately, some kids use online photos to intentionally tag the kids who weren't invited — a not-so-subtle message of exclusion. In these cases, let your children know that they are supported, and talk about strategies to mend a riff or dispel a fight.

WOODGROVE HIGH SCHOOL NEWS

FREE LITTLE LIBRARY

The WHS library has a “Free Little Library” available to students and staff. The motto is, “Need a Book? Take a Book. Read a Book? Leave a Book.” While books are being taken, not many are being put on the shelf. We are looking for book donations (used books) appropriate for young adults and adults to replenish our free library.

Thank you in advance for your donation.

Library Staff:

Sherry O'Connor

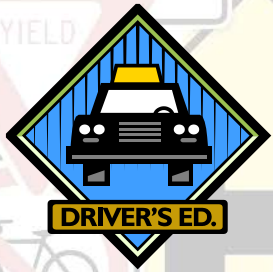
Bob Kane

Carolynn Hawthorne



WOODGROVE HIGH SCHOOL

Drivers Ed Available - No Waiting



Attention Juniors and Seniors who have not taken behind-the-wheel Why take it privately and pay more? We have immediate openings in the morning and afternoon.

See Mrs. Holland in Guidance to sign up . . . No Wait!!

* * 10th graders will be eligible after completing Module 5 in the classroom. You must have an A-B average to sign up after complete Module 5.

WOODGROVE HIGH SCHOOL

Woodgrove High School
Home of the Wolverines

36811 Alder School Road Purcellville, VA 20132
P: (540) 751-2600 • F: (540) 751-2601

Happy Holidays!

December was filled with supporting and giving to others, and embracing the holiday spirit through the Student and Class Councils.

The month started by celebrating National Special Education Day / National Inclusion Day on Wednesday, December 2. This day is set aside to remember President Ford's signing The Individuals with Disabilities Education Act into law. To commemorate this, the Student Council purchased pins for each adult in the building – as well as student members of Athlete 2 Athlete and Partners' Club – to wear.

We helped LVHS publicize their upcoming events to honor the life and memory of their student Wilberto Pitre. And we encouraged the entire community to help Lovettsville Elementary School in their Michael and Sons jingle contest.

Our winter pep rally tightened the race for the Spirit Plate completion with the sophomore and senior classes in a **dead tie** for first place, each with 1157 points so far this year! The junior class is close behind, and the freshman certainly are not out of the race. Look for lots of point opportunities in the new year.

Mrs. Hayba received our assistance as we helped wrap the hundreds of donated presents she collected for needy families in the area. This activity was conducted during Flex and very well attended by the student body!

Here in the building, the Councils supported the Equity Team in sponsoring three fun-filled events during our FACETIME meetings: cutting out snow flakes to be hung around school in January and to be used as decorations for the upcoming SnowComing Week Dance, a festive cookie exchange, and the annual Holiday Door Decorating Contest. Pictures of all the doors can be found on the Student Council webpage. Congratulations to the winners:

- Best-Decorated Non-Classroom Door – The Maintenance Engineer and Custodial Staff
- Best-Decorated Non-FACETIME Door – Mrs. Barcenas and Room L411
- Best-Decorated Whopping Display – Mrs. O'Connor's FACETIME Group
- BEST IN SHOW – Ms. King's FACETIME Group

Finally, mini candy canes were distributed to the WHS community before the break.

As we enjoy the winter break, we're recharging our energy and gearing up for an exciting second half of the year. Coming soon...the Data Match Activity, the 100th Day of School, SnowComing Week, and the SnowComing Week Dance! Stay tuned for all the details.



Happy New Year from the clinic!

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

IMPROVE YOUR OUTLOOK!

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

PHYSICAL ACTIVITY CAN ALSO:

- Increase your energy level.
- Help you lose weight and control your appetite.
- Improve your sleep.
- Decrease your chance for Diabetes, Stroke.
- Lower your blood pressure.
- Improve your cholesterol level.

MOVE YOUR BODY!

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

TO PERKUP:

- Get up 15minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Workout along with an exercise video.

TO DO A QUICK WORKOUT:

- Take the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk the mall end to end when you shop.
- Park your car farther away and walk.

TO HAVE FUN:

- Dance to the music.
- Hula Hoop.
- Jump rope or play tag with your friends, family or grandkids.
- Use hand-held arm weights during a phone conversation .(check with your Dr. if any concerns about lifting)
- Put up an indoor basketball hoop.
- Bowling, swimming, ice or roller skating, yoga.
- Try indoor sports such as soccer, ice hockey and gymnastics.
- Try Wii Fit Sports Resort, which requires you to be active.
- Create Treasure Hunts with your family inside your house.

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

WHATS THE BEST TYPE OF PHYSICAL ACTIVITY FOR YOU?

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

MODERATE ACTIVITIES: Walking, dancing, raking leaves, bowling, gardening, vacuuming, climbing stairs.

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

MAKE STAYING PHYSICALLY ACTIVE A LIFELONG HABIT!

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

ARE YOU READY TO GET ACTIVE AND CREATE A HEALTHIER YOU?

My goal is to do _____(activity) for at least _____(minutes) _____times a week.

Track your daily progress.....start out slowly. Soon you will reach thirty minutes a day!

Have a happy, healthy and fun new year!

Mrs. Lovasz, RN

WOLVERINE SPORTS MEDICINE

Volume 6, Issue 5

January, 2016

Sports Injuries

MRSA Infection

Methicillin-resistant staphylococcus aureus (MRSA) has been increasingly reported in Athletic Training Clinics across the United States. Last fall, New York Giants football player, Daniel Fells, contracted MRSA two weeks following an ankle injury. Doctors were worried that amputation might be necessary to save Fells' life. Having undergone 5 surgeries, as well as, IV antibiotics, Fells had responded well and Doctors were able to save his foot but not his football career.

MRSA is a bacteria commonly carried on the skin or in the nose of healthy people. It is a type of staph infection that is resistant to antibiotics like, methicillin, oxacillin, penicillin, and amoxicillin. MRSA infections look like a pimple or boil and can be red, swollen, painful, or have pus or other discharge. More serious infections may cause pneumonia, or bloodstream infections.

Transmission between teammates and to competitors has been increasingly reported, with severity ranging from minor skin infections to systemic infections requiring hospitalization. Failure of proper hygienic practices among athletes with open sores and contamination of playing surfaces and equipment has been implicated as a causative factor in the transmission of MRSA.

The best way to prevent MRSA is to practice good hygiene:

- Keep hands clean by washing with soap and water or using an alcohol-based hand sanitizer.
- Keep cuts and scrapes clean and covered with sterile bandages until healed.
- Avoid contact with other people's wounds.
- Avoid sharing personal items such as towels or razors.

Nutrition

Probiotics

Scientists have acknowledged the benefits probiotics provide for the general population. As healthy bacteria that live in our guts, probiotics improve digestive and immune system function. Only recently however, have athletes become aware of ways probiotics can improve performance. Along with the boost probiotics provide to immune function, there are benefits to consuming them before, during and after training.

Consuming fermented foods and/or probiotic supplements daily can vastly improve an athlete's gut flora, and gut health correlates to whole-body health. When the gut is healthy, foods are digested correctly. In addition to boosting gut health, probiotics directly support immune function by promoting higher levels of interferon, a protein made in response to the presence of viruses, bacteria and parasites. This can decrease the incidence of illnesses like colds and mononucleosis.

Before activity, probiotics can be a great solution to soothe gastrointestinal discomfort by reducing nausea and reflux. This allows food and nutrients to more efficiently leave the stomach and become useful to the body.

Athletes should also consume probiotics during activities that last more than 90 min. Probiotics allow the gut to deliver more nutrients to the bloodstream increasing the absorption of carbohydrates, electrolytes, fluids and amino-acids. This can minimize muscle damage and lower an athlete's risk of dehydration and cramping.

Finally, all athletes know how important recovery is following a strenuous workout. Since taking probiotics after exercise can increase the absorption of antioxidants, it helps with the removal of free radicals, which can damage cells and tissues. Besides providing optimal pre-training fuel, a delicious smoothie with yogurt or added probiotics, protein, and fresh fruits and vegetables is a powerhouse post-workout snack.

HELP BUILD ON OUR SUCCESS...JOIN THE

WOODGROVE HIGH SCHOOL



PTSO

Parent Teacher Student Organization

JOIN ONLINE TODAY!! www.lcps.org/Page/69200

Woodgrove PTSO: How we contribute to our school and Community:

- Award academic scholarships to seniors and CAMPUS program graduates
- Fund teacher requests for equipment, curriculum, online instructional programs and support materials
- Fund extra-curricular club participation in regional competitions
- Sponsor staff appreciation functions
- Support our Parent Liaison to assist students in need and their families
- Provide volunteers for various WHS sponsored events

With your support, we will continue to:

- Help fulfill the needs of our WHS learning community by supporting projects not funded by the school budget.
- Recognize, publicize and celebrate our school's successes in all avenues.
- Publish the Woodgrove Weekly newsletter to keep you informed all WHS happenings (please "like" us on Facebook too!)
- Ask for your help and assistance in areas of need—our volunteers are very important to our school's success.

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

MEMBERS NAME(S): _____

ADDRESS: _____

CITY: _____ **STATE** _____ **ZIP** _____

EMAIL: _____ **(REQUIRED FOR WOODGROVE WEEKLY SUBSCRIPTION, ALL ADDRESSES WILL REMAIN STRICTLY CONFIDENTIAL)**

PHONE NBR: _____ **AMT ENCLOSED:** _____

(Please return to WHS front office)
(ADDITIONAL DONATIONS are WELCOME and are TAX FREE)

**JOIN ONLINE
TODAY!!**
[www.lcps.org/
Page/69200](http://www.lcps.org/Page/69200)





SUBSCRIBE TO THE WOODGROVE WEEKLY

The Woodgrove Weekly is your best tool for staying informed about everything that takes place within the Woodgrove Community.

The Woodgrove PTSO's weekly newsletter, the Woodgrove Weekly, will keep you up to date about school news and events as well as PTSO activities. The newsletter goes out by email every Monday, and you can sign up in only a minute by putting this address into your web browser:

<http://tinyurl.com/woodgroveweekly>

You do not have to join the PTSO in order to get the newsletter. This is a PTSO service for our whole school community. We will never share your contact information, and you can easily unsubscribe at any time.

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

WoodgroveHighSchoolPTSO@gmail.com

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

Giant, Harris Teeter & Target Reward Programs

Help Woodgrove earn money to supplement the school's educational needs. The school is registered with Giant's A+ School Rewards Program, Harris Teeter's Together in Education Program and Target's Take Charge of Education Program. Woodgrove has earned thousands of dollars through these programs, so please re-enroll today! You can sign up online any time or visit the tables at Back-to-School night.

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!

<http://giantfood.com/savings-and-rewards/rewards-program/plus/>



Harris Teeter
School code: 1613

https://www.harristeeter.com/other/my_harris_teeter/login_page.aspx

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



Target Reward Program
School ID 152094

Target's Take Charge of Education Program

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.target.com/redcard). Relatives, friends & neighbors are all welcome to participate in this program. The more people involved the more money raise for our school. Check our school's progress anytime at [Target.com/tcoe](https://www.target.com/tcoe).

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

Loudoun County Public Schools

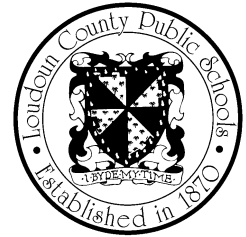
Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

(571) 252-1280** (571) 252-1432 fax

E-mail: LCPS-BUS-RISKMGMT@LCPS.ORG



ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF

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

Each year the LCPS Procurement/Risk Management Office receives claims where school students and employees have lost valuable personal property brought to school. Every type of personal property is subject to loss by accident, theft, or vandalism.

Examples of personal property include:

iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.

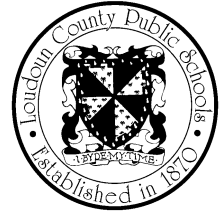
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff nationwide.

Losses Covered: The plans cover loss or damage, occurring during the policy period, to personal property, which you own or have leased. See policy for items excluded from coverage. Coverage may be purchased on a "cash value or replacement cost" basis with a deductible as low as **\$50 per occurrence**.

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

For further information on this coverage please call **1-800-620-2885** or visit <http://www.worthavegroup.com/> and read about the **various available coverages**.

Las Escuelas Públicas del Condado de Loudoun
Servicios de Negocios y Financieros
División de Administración de Riesgo
21000 Education Court, Suite 301
Ashburn, VA 20148
(571) 252-1280** (571) 252-1432 fax



ATENCIÓN: PADRES Y ESTUDIANTES

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

Cada año, las oficinas de adquisiciones y manejo de riesgos de LCPS reciben reclamos de estudiantes y empleados que han perdido propiedad personal de mucho valor en las escuelas. Ejemplos de propiedad personal incluye **iPods, iPads, teléfonos, cámaras de fotos, ordenadores portátiles**. Cada tipo de propiedad personal esta sujeta a pérdidas por accidente, robo ó vandalismo.

Worth Avenue Group esta proporcionando programas de seguros a miles de estudiantes en este país desde 1971. El plan de seguro de propiedad personal ha sido utilizado por muchas escuelas y universidades. Recientemente ha sido **disponible para los estudiantes de las escuelas públicas a nivel nacional**.

Cobertura de pérdidas: El Plan cubre pérdidas o daños a su propiedad personal, de la cual usted es dueño o alquilo, incluyendo materiales de valor en su poder, estas pérdidas deben ser durante el periodo vigente de la póliza. Verifique los artículos excluidos en su cobertura. El seguro podría ser comprado en base de "dinero en efectivo" o "a costo de reemplazo" de la propiedad personal y con un deducible tan bajo como \$50 por caso.

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

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

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

Para mas información sobre esta cobertura, por favor visite la página web:

<http://www.worthavegroup.com/> 1-800-620-2885, y lea sobre el Plan de Propiedad Personal del Estudiante.



LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
[CLICKING HERE](#)



INFORMATION FOR SCHOOL
BUS ROUTES CAN BE FOUND
[BY CLICKING HERE.](#)

Woodgrove High School

2015 – 2016 Bell Schedules

REGULAR A/B DAY SCHEDULE - 4 Lunch Shifts

<u>A Day</u> Green Day		<u>B Day</u> Blue Day	
8:55-9:03	Homeroom	8:55-9:03	Homeroom
9:08-10:34	1 st Period	9:08-10:34	5 th Period
10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex* (10:39 – 11:20) (11:25 – 12:05)
12:10-2:12	3 rd Period	12:10-2:12	7 th Period
Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:41-2:12	Shift I Shift II Shift III Shift IV	Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:41-2:12	Shift I Shift II Shift III Shift IV
2:17-3:43	4 th Period	2:17-3:43	8 th Period

REGULAR A/B DAY SCHEDULE – Open Lunch

<u>A Day</u> Green Day		<u>B Day</u> Blue Day	
8:55 – 9:03	Homeroom	8:55-9:03	Homeroom
9:08-10:34	1 st Period	9:08-10:34	5 th Period
10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex* (10:39 – 11:20) – (11:25 – 12:05)
12:05-12:43	Open Lunch 10,11,12 – release 12:03	12:05-12:43 10,11,12 – release 12:03	Open Lunch
12:48-2:12	3 rd Period	12:48-2:12	7 th Period
2:17-3:43	4 th Period	2:17-3:43	8 th Period

Dress and Grooming

Students are expected to dress appropriately.

Clothing which distracts others from learning or which endangers safety is unacceptable.

Clothing which exposes cleavage, midriffs, private parts, or exposes undergarments is unacceptable. These include, but are not limited to: Sagging or low-cut pants or skirts, tube tops, halter tops, backless shirts or shirts with only ties in the back, see through shirts, extremely short shorts or skirts, muscle shirts, or low-cut necklines that show cleavage.

Clothing with inappropriate images, statements, or inferences related to profanity, alcohol, drugs, tobacco, weapons, or messages which are sexual, threatening, harassing, or inflammatory are not permitted.

Hats and headgear are not allowed unless approved by the administration for special occasions. It must be removed upon entering the building and placed in backpacks or lockers.

No towels, shirts, or other like items may be draped over the neck.

Chains and studded jewelry are not permitted as accessories.

