



WOODGROVE HIGH SCHOOL

DECEMBER 2012

Principal's Message

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

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

William S. Shipp
Principal

Daryl Cummings
Assistant Principal

Renee Dawson
Assistant Principal

Tim Panagos
Assistant Principal

Geri Fiore
Director of Guidance

Rusty Lowery
Athletic Director

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Dear Woodgrove families,

We certainly hope everyone had a safe and happy Thanksgiving. November proved to be yet another wonderful month at Woodgrove. American Education Week went very well, and we appreciate those family and community members who took time to visit with us during our celebration. The Drama Department's presentation of *The Crucible* was outstanding – congratulations to Mr. Noland and all of the students who worked so hard to bring that play to life on our stage. And regarding our fine arts, I do want to recognize our Wolverine marching band that performed magnificently at our games this fall – the band also recently garnered a second place trophy at the USBands State Championships. And certainly many thanks also to all of our coaches and athletes for an exceptional fall sports season – in our third year; the teams unquestionably have established Woodgrove as a AA power.

We have very active parent organizations here at Woodgrove and I do encourage all parents/guardians to participate in one or more of these organizations. The WWABC, WWMA and PTSO all have information on our website regarding meetings and upcoming events. These organizations provide another great opportunity for parents and guardians to be involved in their son's/daughter's education. I hope more of you will take advantage of these opportunities.

On December 4th and December 5th, at 7 PM, officers from the Loudoun County Sheriff's Office will be at Woodgrove to offer their Internet Safety Presentation. Parents and guardians are asked to attend both evenings. These meetings are intended for Western Loudoun parents of the Loudoun Valley and Woodgrove cluster schools. The same presentation will be delivered again at Loudoun Valley High School on March 5th and March 6th. Please note that the Sheriff's Department has indicated that these presentations are not for students - parents and guardians are the intended audience. A brochure regarding the topics to be covered is included in this newsletter. Please attend – I believe you will find this as time well spent.

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I also am pleased to inform you that both Woodgrove and Loudoun Valley have joined together for another presentation – this one is regarding paying for college. On Monday, December 10, at 7 PM, in the Loudoun Valley auditorium, Little Known Secrets for Paying for College will be presented by Mr. Brock Jolly, a financial advisor. As this is something that we must take into consideration as our students prepare to graduate, I do encourage you to attend this as well – a flyer for this presentation is also included in this newsletter.

Regarding attendance, I am asking that parents and guardians make every attempt to schedule family trips and vacations during school holidays or breaks.

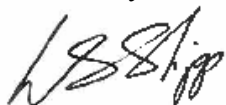
Also, the mornings and afternoons are very busy with regards to students and teachers arriving and departing from school. Please drive safely and slowly as we have a number of students, parents and staff members driving and walking to and from the parking lot.

Now that December is here, winter weather provides opportunities for school closings and delayed openings. Please check the Loudoun County Public School website for information on school closings. The last day of classes before Winter Break will be Friday, December 21. Classes will resume on Wednesday, January 2.

Not only will December bring a noticeable change in our weather, along with it will come a number of exciting events here at school. On Saturday, December 1, our It's Academic Team's match with Stonewall Jackson High and Washington D.C.'s School Without Walls will be televised on NBC Channel 4 at 11 AM. In addition, the music departments will present their choral, band and guitar winter concerts this month. All concerts will begin at 7:00 PM. Our winter sports have also started their games and competitions. Please check the calendar for the dates of these upcoming musical and sporting events and please attend and watch our Wolverines in action.

Lastly, as we enter the holiday season, the staff at Woodgrove takes this time to wish everyone the best, and we look forward to a fantastic year in 2013!

Sincerely,

A handwritten signature in black ink, appearing to read 'W. S. Shipp', with a stylized flourish at the end.

William S. Shipp
Principal

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2012-13 SCHOOL CALENDAR for Students

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

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

9 Week Grading Period Ending Dates

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

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

2012-2013 BELL SCHEDULE

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

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

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

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

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



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**

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



Woodgrove High School

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

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

2012-2013 School Year

CLARITY Parent Portal Login Request

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

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

Account access information will be mailed home in early October.

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

Parent/Guardian Signature: _____ Date: _____

Print Name: _____

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

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



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36811 Alder School Road

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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: _____

Dress and Grooming

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

PIMS

Request Updates to Phone/Email Contact Info



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

It's as Easy as:



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.

Monroe Shadowing Day

Monroe Technology Center (MTC) is inviting WHS students to a day of "shadowing" on December 20 from 9:45-11:15am. MTC provides high-quality industry-standard programs from which many graduates go on to higher education with the advantage of classroom knowledge that goes hand-in-hand with real world experience. Program "shadowing" will give students an opportunity to understand the link between the classroom lessons and a career field in which you might be interested. Applications and fieldtrip permission slips are due **ASAP** and can be found in the Career Center or with your son/daughter's counselor.

Financial Aid Night

Please join us on December 10th from 7:00 – 9:00 PM at Loudoun Valley High School for our annual Financial Aid Night. This event is held in partnership with the WHS and the LVHS Counseling Departments. The College Funding Coach organization will present "Little Known Secrets for Paying for College". The program outline includes:

The College Funding Coach Process

Ultimate College Goal

- For Students....
- For Parents....

Average Cost of Attendance

How Will You Pay for College?

Time to Prioritize

Historical College Savings Vehicles

What is the BEST Way to Pay For a College Education?

How do You Apply for Aid?

How do They Determine Eligibility?

Two Types of Money: Our Money & Other People's Money

Public vs. Private College

"But What if I Make Too Much Money For Need-Based Aid?"

- Strategies available to reduce out-of-pocket costs!

Maximize the Efficiency of Your Money

Using Home / Mortgage

Utilize Tax Advantaged Investments That Can Be Used for College OR Retirement

You Can Do It!



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 their 6-digit student ID number 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.

Help Wanted:

Many stores are looking for seasonal employees and volunteers that could lead to a permanent position.

Levi's is hiring sales associates and **Blue Ridge Hospice** needs volunteers; come see Mrs. Jacobson in the career center for incoming opportunities.

It's Not Too Early to Start Thinking about \$cholarships!

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

Loudoun Elks Lodge #2406: <http://www.elks.org/enf/scholars/> Deadline 12/07/12

Ronald McDonald House Charities: <http://www.rmhc.org/> (RMHC Scholars is the only scholarship available for Loudoun County): Deadline 12/20/12

AXA Achievement Scholarship and AXA Achievement Community Scholarship: <http://www.axa-equitable.com/axa-foundation/about.html> Deadline 12/1/12, and 02/1/13 for the Community Scholarship

GE-Reagan Foundation Scholarship Program: <https://www.scholarshipamerica.org/ge-reagan/> Deadline: 01/10/13 .

Delta Sigma Theta Sorority Scholarship: http://www.lcacadst.org/?utm_source Deadline 01/13/13

Apple FCU Scholarships: www.AFCUFoundation.org : Deadline 01/15/13

UPCOMING EVENTS

TEAM UP AND BEAT THE COLD: No one should be left without a coat this season! ***Team Up And Beat The Cold*** by donating any new or gently used coats this winter. Collections will be available at one home game per sport this winter season. Dates will be determined shortly. Any questions, contact Pam Hayba/Parent Liaison at pam.hayba@lcps.org

SAT Test Dates

December 1 (Registration deadline 11/01, late registration deadline 11/16)

January 26 (Registration deadline 12/28, late registration deadline 01/11)

March 9 (Registration deadline 02/08, late registration deadline 02/22)

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

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

ACT Test Dates

December 8 (Registration deadline 11/02, late registration deadline 11/16)

February 9 (Registration deadline 01/11, late registration deadline 01/18)

April 13 (Registration deadline 03/08, late registration deadline 03/22)

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

SOL Testing

Standards of Learning tests (SOL's) will be administered online when we return from Thanksgiving break. Students testing in this window include those students who have transferred to Woodgrove High School, have passed a course which awards verified credit, and now need to take the corresponding Standards of Learning End-of-Course test. In addition, also testing, are those students who previously did not pass an SOL End-of-Course test.

If your child is scheduled to test you should have received a letter home in the mail. You may also look for additional information on our website under Academics - SOL Testing. If you need further assistance please contact Justine Jarvis, School Test Coordinator.

CLINIC

December Reminders from the Health Clinic :

Hello from your School Nurse...

I know it can be a very trying time for parents/guardians to figure out if their child has the flu or just a cold. Should they be sent to school or kept home? **The informational chart on the next page may help to determine your child's condition.**

Please remember if your child does run a fever they need to stay home. When calling the WHS Attendance Secretary for your child's absence please let Mrs. Clark know if your child has a fever.

Stay home when sick: Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever (100° F or greater), or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs.

As always, if you have any questions or would like to discuss a health concern of your child, please give me a call at:

540-571-2606 (clinic)

Stephanie Lovasz, RN

DIFFERENCES BETWEEN COLD & SWINE FLU & SEASONAL FLU SYMPTOMS

<u>SYMPTOM</u>	<u>COLD</u>	<u>SWINE FLU</u>	<u>SEASONAL FLU</u>
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101°	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills .	Chills are mild to moderate with the seasonal flu.
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is not common with H1N1.	Sneezing is common present with the seasonal flu.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. <u>If it turns severe seek medical attention immediately!</u>



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

Sprained Thumb

When people start to fall, they usually extend their arm to reduce the force of the impact when they hit the ground. If you try to break your fall on the palm of your hand or take a spill on the slopes with your hand strapped to a ski pole, your thumb may be injured. The main ligament (ulnar collateral), which supports pinch and grasp activities, may be torn (sprained). The ligament helps your hand to function properly, acting like a hinge to keep your thumb joint stable. Unfortunately, it is frequently overlooked or under diagnosed, and the result may be a chronic instability and severe functional impairment of activities of daily living.

When you have a sprained thumb, you lose some or all of your ability to grasp items between your thumb and index finger. Other signs included pain, bruising, tenderness and swelling. Your thumb may have a partial or complete tear. Your athletic trainer or doctor will probably move your thumb joint to test its stability and recommend X-rays to make sure you don't have a broken bone.

If you have a partial tear, your doctor will probably immobilize your thumb with a splint until it heals. You wear a splint for about 3 weeks straight and then start taking it off to do range of motion exercises with your thumb. Put the splint back on for protection when you are not doing exercises. Keep doing this for another 2-3 weeks until your thumb's swelling and tenderness are gone. If your thumb ligament is completely torn, you may need surgery. Fragments of bone that sometimes get pulled away when your ligament tears may be removed or put back in their correct positions. After surgery, you'll probably need to wear a short-arm cast or a splint to protect your thumb for 6-8 weeks while it heals.

Nutrition

Detox Diets and Juice Cleanses

Some celebrities swear by detox diets and juice cleanses. The stories claim that after a few days of cleansing, harmful toxins will leave your body along with unwanted pounds of fat and you'll feel more energetic. But are these cleansing diets a good choice for student-athletes?

What a lot of people don't know, student-athletes included, is that cleanses lack credible scientific evidence that prove they work and are safe. Examples of these diets and cleanses include (The Master Cleanse, The Raw Food Diet, The Blue Print Cleanse and the Cooler Cleanse). The majority of these diets are also very restrictive and therefore falls short on the necessary calories and several key nutrients, which can contribute to fatigue and decreased performance. For some, the restrictions associated with a cleansing cycle can even perpetuate disordered eating. In fact, "Detoxing" is done naturally by the body's organs, and they shouldn't need any help from a cleanse.

For people who aren't very physically active, a cleanse isn't likely to do harm. But for student-athletes, things are quite different. Most importantly, student-athletes need calories to be able to perform and cleanses drastically reduce calorie intake. Student-athletes not only need more calories than the average person, they need them on a constant basis when training every day.

Student-athletes also need to be more fully hydrated than the average person. They need specific ratios of protein, carbs and fat, and their day-to-day schedules are unique, which can make a cleanse difficult to follow.

For most people, a balanced diet is best and that is especially true for student-athletes. Unfortunately, detox diets and juice cleanses have been glorified as suitable substitutes for sensible food choices.

**QUESTIONS ABOUT PAYING FOR COLLEGE?
ATTEND A FREE PRESENTATION AT
LOUDOUN VALLEY HIGH SCHOOL
Monday, December 10th at 7 p.m.**

**—THE—
COLLEGE FUNDING COACH**

Little Known Secrets of Paying for College

For many families, the high cost of higher education is a daunting proposition. Our workshop is designed to educate parents regarding the complicated and often frightening proposition of paying for college. In addition, we demonstrate strategies that have helped save families over \$40,000 per year in tuition and fees. While the high school college and career counselors serve a valuable role in helping students and families prepare for and select schools, our unique program teaches families how to pay for schools that they may have thought were out of reach based upon the “sticker price.” This workshop is a tremendous complement to the college visits and the other school programs that will ultimately make college an attainable goal for your family.

General Information about our Workshop:

- Taught for ten years through the Adult Education program in eleven counties in Northern Virginia and Maryland
- Strategies to attend private schools for the same out of pocket cost as in-state schools
- An overview of financial aid and how to qualify for the maximum package
- Unique strategies to pay for multiple children attending college simultaneously
- An insider’s view of the college admissions process
- How to recapture out of pocket college costs
- Avoid jeopardizing your retirement nest egg
- And much, much more!

About the Instructor:

Brock T. Jolly, CFP®, CLU®, ChFC®, CLTC, CASL® is a Financial Advisor and regular educator in community and professional groups on college financing, tax reduction strategies and retirement planning. In 2011, he was chosen as the Young Financial Advisor of the Year by the National Association of Insurance and Financial Advisors (NAIFA). Brock is a perennial qualifier for the prestigious Million Dollar Round Table, which recognizes the top 1% of financial advisors in the world. Brock graduated from the University of Virginia, and lives in Arlington, Virginia, with his wife, Lauren.

Internet Safety: What Parents Need to Know

Loudoun County Sheriff's Office

Module 1

Module 1 will focus on use and abuse of traditional "computers" to include desktops, laptops, tablets, and netbooks.

Subjects Covered:

- User Demographics and Stats
- Child Predators Awareness and Techniques
- Chat Rooms and Forums
- Online Gaming (PC Based)
- Browser Gaming
- Social Networking
- Blogging
- Pornography
- Browser and Internet Surfing Hazards
- Parental Monitoring
- Access Control
- Case Study
- Warning Signs

Module 2

Module 2 will focus on use and abuse of Non-Traditional access devices to include cell phones, smartphones, gaming consoles, and handheld gaming devices.

Subjects Covered:

- Demographics and Stats
- Predator Awareness and techniques
- Sexting and Texting
- Chat Rooms and Forums
- Console and Handheld Gaming Hazards
- Socials Networking Access Hazards
- Geotagging
- Trends in Technology
- Access Control and Techniques
- Case Study
- Warning Signs
- Parental Monitoring

Internet Safety: What Parents Need to Know is an in depth look at the modern hazards that are associated with use of technology and the internet. This class consists of two 1-hour modules each focusing on a specific sub-class of technology most commonly used by youth. During each module the **Adult Only** audience will get a straight forward and graphic look at the dark world behind the technology. The audience will also learn about the hazards that are faced each day by the youth who have made these devices a "must have" part of their daily lives. This class will also educate the audience about the warning signs of technology abuse and provide advice on talking with their children about the dangers. The audience will also learn about some of the most common access control techniques that can be employed to keep their children safe.



Woodgrove High School

1st Marking Period

Honor Roll

2012-2013



All A Honor Roll

9th Grade

BEDDOW, CLAIRE B
BIGGERS, ZACKORY J
CASE, MIRANDA K
COPELAND, CAITLEEN A
DAVIS, MARLENA R
DUPREE-SOOD, CASSIDY
FBSHARAKI, JEBBLA A
FLOYD, JUSTIN R
FRANKLIN, THOMAS C
FRENCH, HOPE J
GILLIES, EMMA J
GINGERICH, MBGAN B
GOGGIN, MADELINE C
GOOD, MADISON N
GRADY, JOHN P
HAUCK, KACEY A
HERRERT, EMILY R
HESS, JONATHAN M
HORNYAK, JESSICA A
HUBER, CARLA A
JUAN, HUI Y
JUNGLES, MALLORY L
KITTKA, ALEXANDER C
LENHART, CLARA C
LOUIS, RACHEL B
MARZOUGUI, JENNA B
MCATTEE, ALVIA K
MCERIDE, ALANA R
MURRAY, ELWYN
OLCHEVSKI, VIRGINIA A
ONDERDONK, LEAH C
PATTERSON, ANDREA B
PETTIT, ABDAN D
QUINTEROS-CASTANEDA,
RADAR, AUSTIN J
RENNER, EMMA J
SCHOOLING, ABIGAIL R
SGARRILLA, JOSEPH B
SIKURINBC, TYLER S
SMITH, LAUREN B
TAYLOR, RYAN M
THOMAS, RYAN C
TINTA, DIANA S
TOLLEY, DAVID B
TRAN LB, MINH-TAM
YOST, ANGELA R

All A Honor Roll

10th Grade

APPLETON, EMMA B
BASINGER, BROCK B L
DUKINFELD, AMANDA K
DUNNE, KENNETH M
BARLEY, ALEXANDER H
FENNER, CHAD H
FETTERLY, MBGAN N
GARNER, KRISTEN A
HARDESTY, IAN H
HASAN, SAAJID A
HOYLE, ROSALIE G
LAMANA, MICHAEL P
LAMPL, CAROLINE K
MCVEY, RYAN M
MORRIS, ASHLEY S
NEEVES, RYAN P
OLSEN, ZACHARY O
PRAKE, SAMUEL B

RANBY, SIERRA B
REID, CHESEBURY N
ROSEN, ELIZABETH L
SAUNDERS, JOSEPH T
SCHEERSCHMIDT, TYLER
SHIPLEY, LEVI M
STEWART, CHRISTINE A
THOMPSON, CALLE W
TOBIAS, ALEXANDER P
TRAVER, GREGORY H
UPTON, RACHEL M
WHITE, MICHAEL M

All A Honor Roll

11th Grade

BAGRI, SIMREN K
BROWNING, NATALIE B
BURNS, RACHEL B
CAMPELL, KYLIE L
DEAN, HAZEN S
DUBER, KEBGAN B
ELLIS, SARAH B
ELWAZIR, ALI M
GHIOZZI, JOSEPH Y
HALE, MARGARET B
HISER, JULIA M
HUGHES, BENJAMIN C
LENHART, BENEDICT A
OLIVER, GUTIERREZ, DAV
SONG, SHANNON M
VIRT, JUSTIN D
WERNLE, CORRINE B

All A Honor Roll

12th Grade

ABRAMSON, CAROLINE G
ALLEN, MELISSA L
ALMON, ERIC R
BASLEY, ANNA V
BEISLER, EMILY K
DEVENOG, NICOLE M
DUBER, COREY A
DUBER, ROSALYND I
EVANS, DAVID A
FBIJOO, JOSHUA A
HART, KELLY M
HUNTER, DBLANEY G
KANE, ABIGAIL L
KRAUSS, LAUREN M
LEUCK, LAUREN B
MILLER, CHRISTOPHER G
MILLER, MORGAN P
MILLER, NICHOLAS P
MINNITI, ROBERT J
NACHAJSKI, KATHRYN L
REBSE, TIFFANY A
SANTIAGO REYES, GABRI
SCHEERSCHMIDT, ABIGAI
SMITH, EVAN J
STINGER, EVELYN M
WILLIAMS, NATHAN C

A/B Honor Roll

9th Grade

ADAMS, MARY ANNA
ALEXANDER, KARMEN C
ALLEN, ZACHARY A

ALLISON, BENJAMIN G
ALMOND, HUNTER A
ALVAREZ, SARAH K
ANDERSON, MORGAN M
BACOCK, EVAN K
BARNES, ALISHA
BARR, JENNA K
BARTEL, JORDAN D
BBHAN, JAMES A
BERGEL, AIDAN P
BERKA, ROEBI D
BERKOWITZ, JOSHUA J
BIERMAN, ROBERT J
BLACKBURN, DBLANEY M
BOOGAARD, JULIA M
BORSUK, ALEXANDREA R
BOWEN, NORA B
BRANCH, KYLIE L
BRANNON, GAVIN N
BRASHEAR, DAKOTA W
BRIEL, JOHN MICHAEL J
BROWN, DAWSON M
BURFIELD, HANNA J
BURLSON, KATELYN M
CALDAS, ALEXANDER J
CANBY, KARL F
CARPENTER, LAUREL A
CARUSO, MATTHEW A
CHANG, BRIAN A
CHARLAND, NAZZY A
CHATFIELD, TAYLOR T
CHIESA, CARLIS J
CHIPOURAS, THEODORE J
CIFUENTES, CAMILA A
CLEWIS, CHARLES A
CLINARD, BRIGGS P
COMER, THOMAS J
CORRADO, CARRIGAN J
CULPOGIBNIS, DYLAN T
DANIEL, LOGAN G
DAUGHTRY, JUDITH H
DAVIS, LINDSEY R
DEAN, CLAYBROCK L
DESCRE, ALEXANDER B
DELMONTE, HANNAH A
DEVINNEY, LIAM M
DILLON, ETHAN S
DIMITREW, DOROTHY B
DODGE, EMBE J
DODSON, NICHOLAS M
DOHERTY, JULIA B
DOLEY, ALEXA N
DOUGLAS, JACK B
DOUGLASSON, DILLON P
DURDEN, CAROLINE T
BATON, DILLON T
EDMONSTON, KYLE R
EL-BOUCHTI, MOHAMED H
BRICKSON, ADRIANA D
ESTEP, LYDIA J
ETRO, NANCY F
FALLI, BRANDON M
FERNANDEZ, CHASE T
FINCHER, ANDREW C
FISCHER, DAVID B
FLEMING, NATHAN L
FLETCHER, DAVID T
FLYNN, MBAGHAN B
FORSYTH, COLIN J
FORTIN, GRAYSON T
FREEMAN, JOHN T
FRENCH, BENJAMIN D
FRYE, CORY L

FURR, LEVI D
GATLING, JONATHAN B
GIBER, DEVIN H
GIBS, DANIEL R
GERPHEIDE, SARA S
GHIOZZI, JAIME J
GILLILLAN, KELLY B
GILLIES, CAMERON A
GOMBZ, CONNOR M
GOOD, SEAN M
GRAFTON, JOSHUA D
GREENE, SHELLEY L
GWARTNEY, SOPHIA B
HEVILIN, DONNA M
HOFFER, WESLEY J
HOFFMAN, BRADLEY J
HOFFMAN, BRUCE B
HOLDRIDGE, MATTHEW P
HORTON, EMILY S
HOSKINSON, SAMUEL J
HUDLER, ADAM M
HUNT, CHRISTOPHER M
HUNTER, SYDNEY M
HUSKEY, JEREMY D
HUTCHISON, JAMES C
JACKSON, HUNTER D
JACKSON, JACOB I
JAY, CAMERON B
JENKINS, KYLIE R
JOHNSON, ASHLEY M
JOHNSON, TIFFANY L
KAUFMAN, ASHTON N
KENNEDY, TYLER S
KHALSA-ELLIS, SIRI PR
KILBY, JARED J
KIM, JOSHUA G
KING, CLARE M
KIRK, CONNOR A
KLIMBK, JACK W
KLOC, AMELIA K
KOBSTER, OWEN P
KOPACK, NICHOLAS A
KRAFT, ROBERT B
KRAPER, COURTNEY A
KRAUSS, DEANNA M
KRONB, MBAGAN L
LAFALGIO, VINCENT J
LALBYE, IRENE M
LAMBERT, KADE A
LANGLEY, JACQUELINE S
LANI, MELISSA P
LASHER, NATHAN A
LEE, MBGAN B
LOCKHART, ZACHARY L
MARTIN, ZACHARY M
MASTERS, ALEXANDER G
MATHEWS, KRISTEN M
MATHEWSON, MELISSA V
MCCLARY, WILLIAM T
MCCORMACK, SEAMUS K
MCGALLICHER, CHARLOTT
MCINTOSH, BENJAMIN W
MCMAHON, LIAM T
MECICER, ALYSSA N
MESSINA, LIA J
MILLER, KYLE G
MINNITI, MORGAN N
MORELLI, MARCO A
MULLEN, ANDREW
MULLEN, WILLIAM C
MURTER, SARAH B
MUTSCHLER, CHRISTIAN



Woodgrove High School

1st Marking Period

Honor Roll

2012-2013



OLIVIER, COURTNEY N
ORNDORFF, ADDISON L
ORNDORFF, TY H
OWEN, KATHRYN M
OWENS, DILLON C
O'BRIEN, DAVID C
PACK, COLIN R
PANTALBO, SARAH K
PARMETER, SARAH A
PARSONS, BROOKE N
POOLE, NOAH M
POTTER, CARLEY A
POUND, CONNOR S
POWELL, CASBY W
RATHJEN, KELSEY A
RAY, JARED M
REEVE, ALLISON A
REGBERY, KARA K
REID, COLIN M
REILLY, CHLOE M
REYNOLDS, RYAN M
RIDDLEMOSSER, KIRA A
ROBINSON, ASIAH B
ROOT, SARAH A
ROWE, SYDNEY M
RUCKER, VICTOR N
RUSSELLO, HALEY C
RUSTAND, TREY C
SALAMONE, ANTHONY J
SARTY, LANCELOT J
SAVOPOULOS, KENDALL L
SAVOPOULOS, RYAN B
SCHAFER, KAYLA A
SCHMUDE, DONOVAN P
SCHOCK, EMILY P
SEBASTIAN, ALLISON H
SHAFPI, ANA
SHIBHAN, MICHAEL P
SHIBBIN, MBAGAN B
SHOJA, DIANA S
SINGH, HARPREET
SISK, CHASE M
SKELLY, BRIAN A
SMITH, CAMERON B
SMITH, SYDNEY A
STEWART, RYAN T
STRIBLING, ELIZA M
SULLIVAN, KELLY M
SWANK, TAYLOR G
TELLS, MADISON B
THATCHER, EMMA M
THOMAS, VICTORIA R
TOMPACH, CARRA B
TOMPACH, LAUREN A
TRACY, JOHN P
TUDDER, MADELINE L
VACCA, RYAN J
VASILE, JAMES A
VASJUTA, MARY R
VAUGHN, ROSS M
VENNITTI, JONATHAN A
VIRTS, DANIEL R
VOGT, JAMES P
WALLACE, ROBERT D
WARNER, SCOTT P
WARREN, JOSHUA B
WELSH, JOSHUA M
WERNLE, JACOB W
WHALEN, MICHAEL B
WHITTEMORE, JESSICA M
WIEGEL, TARA R
WILK, JOSHUA P

WILLETT, EVAN P
WILLIAMS, ANTHONY S
WILLIAMS, MARGARET A
WINDMUTH, WILLIAM B
WRIGHT, JOHN R
YALCIN, RABIA Z
YARD, TRISTAN P
ZABKOWSKI, ANDREA

A/B Honor Roll 10th Grade

ACAMPORA, ROSS L
ACCORTI, NICHOLAS P
ADHAM, YOUSEF
ALBANES, LAUREN M
ALVAREZ, CASBY M
ANDREWS, ABIGAIL L
ANWARI, SHAENUM H
BALABAN, MORGAN B
BARTEL, RYAN C
BATH, STEPHEN G
BEASLEY, ELIZABETH A
BECK, MATTHEW J
BECKER, SAVANNAH B
BIGGS, HANK A
BLACKWELL, NICHOLAS
BLOOMFIELD, ETHAN P
BOGLE, GRANT B
BONILLA, ADRIANNA D
BOWMAN, KALEB A
BRADLEY, KENDALL L
BRANTINGHAM, DANIELLE
BRETZIN, WESLEY A
BREWSTER, JUSTIN P
BRISCOE, KEVIN B
BROPHY-STICKROTH, AA
BROWN, CAROLINE B
BRUTON, JAMES B
BURK, BRIAN M
BURK, BRITTANY M
BURNS, COLLIN M
BURTON, RILEY M
BYRAM, HEATHER N
CAINES, DEVIN R
CAMP, MARIE B
CANDELLARIA, DANIEL G
CANDELLARIA, MBGAN A
CARROLL, LAUREN B
CARTER, EMILY L
CARTER, KELSEY L
CASPER, SHELEY L
CAVALLARO, ALYSSA R
CERNETICH, HUNTER R
CHAMBLISS, HANNAH J
CHAUDET, BLISS B
CLARK, SCOTT H
CLIFFORD, DEVIN T
CLINARD, DAREY M
COCHRAN, SIERRA M
COLE, TYLER G
COLMAN, ARAN M
CONNOLLY, KAITLYN K
CONRATH, PARKER H
CONSAUL, CHRISTOPHER
COPLAND, JAMISON B
CORCORAN, JOSEPH T
CORRADO, KYLE F
CRANDALL, CHRISTIE L
CRAWBUCK, VICTORIA
CRIBB, WARREN G
CROMWELL, JOSHUA J

CZARNICKI, LOGAN G
DANJOU, NOAH T
DARR, BRAMHALL, MADISO
DAUM, DANIEL M
DAVID, JACOB B
DAVIS, HANNAH K
DEVENOGH, MADELINE B
DIANNA, MBAGAN B
DIAZ DEL VALLE-MEJIA,
DORSCH, PAUL J
DOUGHERTY, CASSIDY M
DOWNING, KATHRYN M
DRISCOLL, CARLY S
DUDEK, SARA M
DUNN, JACK R
DUNNE, JOHN P
BARNSHAW, NATHANIEL J
EGAN, COLTON D
ENSOR, WILLIAM M
BSCOBAR, JOSE L
EVANGELISTO, MATTHEW
FABER, JULIA M
FAGAN, MICHAEL R
FALMEZGER, HEIDI R
FAIRBANKS, JORDYN K
FALETTI, IAN T
FERRARI, MATTHEW P
FIBLD, LILLIE R
FOLEY, WILLIAM A
FORTUNATO, CHARIS B
FRENCH, AUSTIN D
GARCIA, BENSON M
GATTS, LAURA M
GAYLORD, BRIN M
GBHL, WILLIAM S
GERCZAK, KIRSTEN A
GILSON, MATTHEW S
GOODE, JENNA S
GOODNESS, ABIGAIL L
GOOSSENS, ELISE M
GRADY, ALISON B
GRANT, THERESA H
GREENE, SYDNEY A
GUILLAUDU, SABRINA M
GUYRE, MARY G
HAGAN, RYAN M
HALL, ALEXANDER S
HALLAJ, JINRAN B
HALLAM, RACHEL P
HALLAM, ZACHARY M
HANNA, LINDSEY C
HARKINS, SARAH B
HARRINGTON, LOGAN M
HARRINGTON, MBAGHAN A
HARRIS, DALE T
HARRIS, LINDSAY N
HAYBA, GRACE KATHERIN
HAYBA, YABSTGA D
HAYES, JOHN A
HAYES, MATTHEW T
HEMPHILL, SEAN J
HENNIGER, KAYLA B
HERNANDEZ, KEVIN A
HERNANDEZ, KIRSTEN F
HILE, CALLI A
HINDRICH, ANNA S
HITE, MBGAN L
HOFFMAN-WILSON, AARON
HOLDRIDGE, CONNOR L
HUTCHINSON, TARA
HYMAN, REBECCA A
IMTHURN, BRANDON C

IVBY, RACHAEL L
JACKSON, EVAN M
JEAN, SYDNEY M
JOHNSON, CHEYENNE D
JONES, GARRETT W
JONES, WILLIAM P
JORGENSEN, PETER A
JOVINE, JOSHUA M
KAHLER, ALAINA L
KEBLOR, SARAH J
KIDD, CORY A
KILGOUR, TAYLOR N
LABILLOIS, SASHA A
LAROCK, JOSEPH M
LARSON, OLIVIA A
LAZARI, JESSICA
LEMP, ANGELA P
LESZCZYNSKI, ALLISON
LINDAMOOD, JACK S
LINDSEY, BRANT B
LINDSEY, KAITLIN B
LOEFFLER, WILLIAM R
LOUGH, AMANDA K
LOVING, THOMAS J
MAGLIATO, MICHAEL J
MANNING, JETT T
MARTIN, LORI A
MATARAZZO, ALESSANDRA
MATHEWSON, ZACHARY A
MCCALL, GREGORY R
MCCARTHY, KAITLYN B
MCCARTY, JORDAN B
MCCORMICK, REBECCA A
MCFARLAND, CHAD J
MCMAHILL, KYLIE J
MELLOR, DYLAN D
MENDEZ, MARIA A
MENEFEE, RYAN H
MERCHANT, CARRIE B
MEYERS, KYRA J
MILLER, KYLE N
MILLER, OLIVIA J
MILNE, NICHOLAS P
MISCHLER, MACLYN A
MOFFETT, CAITLYNN B
MOHYLA, SARAH A
MONAGHAN, SEAN P
MULDOWNBY, NOBLE P
MULLALLY, COLIN A
MURPHY, KAITLYN N
MYSAK, PETER D
NASSER, EMILIE M
NAYYAR, SAHIRA
NBRANTZIS, ELIZABETH
ORFANIDES, ELENI
ORME, JADA D
ORUMA, VANESSA O
PALACIOS, ALEXANDER
PARTIN, COURTNEY B
PASIELSKI, CODY C
PATRISON, ADAM C
PAYNE, MATTHEW I
PETRAITIS, RENATA D
PIERCE, KATHLEEN B
PIERMATTIO, ELIZABETH
PIKE, RACHEL P
PIPER, KIBRA J
PRICE, ADAM G
PSIMAS, JORDAN F
PURNELL, SAMANTHA B
RAUCH, TYLER W
REAGAN, DAVIS H



Woodgrove High School

1st Marking Period

Honor Roll

2012-2013



REED, TAYLOR G
REGAN, BARBARA B
REILLY, KYLE J
REULBIN, MACKENZIE N
REYNOLDS, OWEN M
RIAZ, SANYAH
RIVERA, ALBJANDRO
ROBINSON, ALJAZAH M
ROBST, MICHAEL B
ROBBER, CHRISTOPHER S
ROSA, GINA P
RUPP, JAMI L
RUSSELL, ASHLEY N
RUSSELL, RACHAEL L
SANDERSON, GRACE A
SASSMAN, THALIA S
SAUNDERS, TAYLOR J
SAVILLE, TAYLOR B
SCHNABEL, KATHERINE B
SCHNEEBERG, EMILY G
SIDELMAN, ADRIANA J
SINGPHEHL, AYDEN M
SIRLEY, DILLON M
SHAUGHNESSY, JESSICA
SHAW, ALLYSON B
SHEEHAN, WILLIAM L
SIGBEL, CHARLES N
SIMON, BENJAMIN H
SIMPSON, BLYSSA M
SMITH, CAMPEBELL R
SOMSEN, SOPHIA A
SONG, NICHOLAS C
SORNSEN, ROBERT J
SORTO, KATIA B
SPARE, MIA B
SPBACHT, HOLLY P
SPBARS-HEINEL, BRIANN
STANG, STEPHEN A
STEPHAN, FRANCISCO B
STEPHENS, HAILEY L
STEPHENS, JOSEPH M
STILES, SARAH J
SWANK, JACOB
TALKINGTON, JULIAN G
TANSLEY, SAMANTHA B
TAPIA-RIOS, ANTUANET
TAYLOR, BRIN B
THOMAS, AIZHAMAL R
TIWANA, HARMANJIT K
TURGBON, ZACHARY R
TURMAN, ANNA P
UMPHLETT, BRITTANY M
VALLER, AISLINN B
VAN VLEET, SAMUEL S
VBA, ELIZABETH S
VENETSANOS, DEVIN A
VEST, SAMANTHA R
VOLPONE, NICHOLAS J
WALDMAN, LEXY M
WARD, CHARLOTTE B
WARE, JACKSON V
WARFEL, JEROD M
WASHINGTON, ANDREW D
WBINBERG, KATARINA S
WEBSTERMAN, HELEN M
WHALEN, MATTHEW W
WHITFIELD, BRENDAN P
WICK, DAVID R
WICKES, MADDISON A
WILLIAMS, ELIZABETH L
WORKMAN, KYLE B
WYMER, VICTORIA A

A/B Honor Roll

11th Grade

ACTON, CHASE M
ALEXANDER, MICHAEL R
ANWARI, TAMANAH M
APPLETON, BENJAMIN D
ASCENCIO MORENO, EMMA
BARBORK, KRISTEN M
BEAMER, ASHLEY L
BENNER, LAURA B
BERGMAN, BROOKE A
BIGGERS, AMBER D
BLACKWELL, SHANE N
BLACUD, ROMINA P
BLAIR, PETER H
BLOOMFIELD, GEORGIA M
BOOGAARD, PAIGE A
BOWMAN, KASLIN A
BRAMHALL, JARRETT A
BROOKS, DEVON T
BROWN, SHANNON M
BRYANT, ABIGAIL M
BURR, DANIEL R
CAMP, BLINA L
CANDELLARIA, EMILY R
CARUSO, ALYSSA R
CBFALU, SARAH L
CHARLAND, MINNA M
CHPOURAS, NICHOLAS C
CIRONI, KATHERINE A
CLARK, BRYDON B
CLARK, JUSTIN P
COCHRAN, CASIDY J
COMPASSO, JOSEPH A
CONSTANTINE, CHELSEA
COPE, LAUREL R
COWNE, KATE B
CRBBCH, EMMALIE K
CRUZ, DIBGO A
CURTIS, CALLAN B
DABROWSKI, KIRA K
DAFFNER, ETHAN B
DAUBENBERK, ANDREW J
DEBBERY, KELSEY B
DELITTA, KAITLYN I
DEMARCO, JULIEANNE B
DEMMIN, LIAM S
DEVINNEY, HANNAH M
DOFFLEMYER, SARAH J
DOHERTY, MADELINE J
DORSCH, RYAN A
DUNN, ANN R
DUPREB-SOOD, CONNOR A
ELEN, JACKSON F
EYNICK, TIMOTHY C
ELLIOTT, CHRISTOPHER
ERE, MICHAEL S
EVANS, LINDSAY K
FAGAN, LINSBY N
FATZ, MITCHELL A
FEIJOO, WILLIAM A
FENNER, BRANDON T
FLEMING, KELLY A
FRALEN, IAN J
FRITZ, KATHARINE M
GARCIA, COURTNEY N
GBIS, NICOLE M
GROUX, SYDNEY M
GOMEZ, JANIS M
GRAFTON, MADALYN L
GRIMMER, CONNOR I

GUILLAUDBU, ROBERT L
HACKETT, DECEMBER B
HAGEN, SEAN M
HALE, PATRICK M
HARPER, ANDREW T
HARPER, BENJAMIN R
HARRIS, GREGORY T
HARRIS, MAX A
HARRIS, RACHEL B
HARRISON-PHILLIPS, DE
HASBTFANG, GREGORY R
HEALY, POLLY R
HEVILIN, RUSSELL J
HERBERT, ANDREW J
HOFFER, WILLIAM B
HOUGHTON, GAYNOR R
HUANG, JOCELYN Y
HUTCHISON, AMANDA L
JACKSON, JORDAN L
JEFFERY, MATTHEW B
JUNGLES, KAITLIN M
KEIM, JOSEPH A
KENNEY, MADISON R
KENYON, JOSHUA M
KERSTANSKI, MARISA A
KIBLY, CARSON B
KOBSTER, JOSEPH W
KOPACK, MBGAN B
KRONB, JACOB M
LAMOURBUX, BRALEN B
LEBTORA, KAITLIN A
LEIV, MICHAEL J
LEWIS, CLAIRE L
LEWIS, BLJAH
LOGAN, CHRISTIAN A
LORENCHAK, KAITLYN N
LOTT, STERNS B
LOVING, CONNER B
LYNCH, HALLIE M
LYNOTT, KENDALL G
MAAD, HANNAH J
MAGOFFIN, SEAN-PATRIC
MARSHALL, DYLAN M
MARTIN, DALTON J
MARTINEZ GARCIA, DAVI
MATTSON, LAURA N
MCCONNELL, DAVID Q
MCGOWAN, EMMA T
MCHALE, KAYLEIGH B
MCINTYRE, MOLLY B
MCLAUGHLIN, SIERRA M
MCMAHON, HALEY M
MEED, NICHOLAS L
MENDONCA, ANNA LUIZA
MILLER, CASBY F
MILLER, EDWARD G
MOYO, SIDUMISO
MUNGOVAN, DUNCAN S
MURPHY, TIMOTHY J
NEBIS, OWEN B
NORTHERN, MBGAN B
OLDS, BRITTON J
ORR, EMILY M
OTBY, RYAN Q
OTTOSON, REBCA C
O'BRIEN, GARRETT C
PACK, NATALIE B
PACKARD, BROOKE B
PARKER, KATHERINE J
PATTERSON, BETHANY N
PERKINS, HUNTER D
PETERSON, COLLIN D
PFOHL, CAROLINE C

PIPER, CHASE B
PLUMHOFF, JORDAN A
POTTER, VIRGINIA A
POWELL, NOAH J
PRENDERGAST, MBGAN B
PRENDERGAST, RACHEL B
PRZYBYLOWICZ, KATARIN
QUIROLO, MORRIS S
RANBY, AUSTIN A
RATCLIFF, HARLBIGH H
REBSB, RACHEL A
REID, ABBY L
RENNER, CATHERINE F
ROBINSON, ANDREW G
RODGERS, IAN P
ROHRER, JAZMYN F
ROLLINS, JASMINE A
ROMINE, KYLE T
ROMINSKI, JESSICA I
ROOT, STEPHEN S
RUMKE, JARID M
RUMKE, JORDAN N
SANCHEZ, CHARLIE S
SANTOS, NICHOLAS H
SARGENT, KYLE R
SCHMUDE, KATRINA B
SCHROADER, AZURE L
SCHRYER, SARA A
SEGERDAHL, ADLAIDE G
SEBRATORB, KAYLA R
SHAUGHNESSY, KENNETH
SHOLL, STEPHEN T
SIGBEL, JOSHUA L
SIKER, SCOTT W
SMETANA, BRIK J
SMITH, CHASE H
SMITH, JBANNE A
SPBARS-HEINEL, MATTHE
STEPHENS, DAKOTA C
STRICKLAND, ELIZABETH
STUP, LUKH H
STUVA, GBRSON
SULLIVAN, SHANNON G
SWBET, JOSHUA G
TABOD, BRENDAN O
TAYLOR, HANNAH B
TAYLOR, HUNTER M
THOMAS, ABIGAIL M
THOMAS, CIBRA H
THOMAS, HANNAH G
TIAGA, JOSHUA T
TIERNEY, JESSICA A
TOBIAS, BRYAN P
TRAUB, BRIN V
TREPTOW, DANIELLE A
TURNER, CASSANDRA L
UNDERWOOD, ERENN A
URIB, BRADON R
VAN BCK, ROBIN B
VANN, SYDNEY B
VASILE, SARAH B
VENNITTI, CORINNE B
VUYK, KAILA C
WACKER, ASHLEY L
WALTHER, ASHLEY G
WARNDORF, MADELINE M
WHITAKER, CAITLIN J
WHITEHEAD, AARON H
WHITTEMORE, JOSHUA D
WILLIAMS, REBECCA A
WINSOR, BROOKE A
WOLFORD, LEAH B



Woodgrove High School

1st Marking Period

Honor Roll

2012-2013



WONG, EDKA Y
WORKMAN, GRADY J
WRIGHT, MATTHEW P
YARD, SHANNON B
ZURSCHMEIDE, GRACIE D

A/B Honor Roll

12th Grade

AHLERS, ASHLEY L
ANDERSON, CORY J
ARRINGTON, WILLIAM T
BARNES, CHARLES H
BARR, KEVIN J
BARRY, JAMES T
BASINGER, BRITTANY S
BECK, LIAH C
BECKER, OLIVIA N
BEGGS, CHARLES A
BHATHAL, HARPREET K
BIERMAN, ALLISON R
BILLOW, ASPEN L
BONA, NICOLE M
BONENBERGER, TAYLOR R
BOUVIAS, CAROLYNN N
BRANTINGHAM, SYDNEY M
BROMAN, HALLIE B
BROWN, DUNCAN A
BROWNING, BENJAMIN R
BURNETT, JODIE R
BUXTON, MARGARET L
BYNAKER, CHRISTOPHER
CADLE, MICHAEL G
CAMPELL, LAUREN B
CARLTON, CASSIDY L
CARPENTER, BENJAMIN J
CARPENTER, MEGAN L
CARVER, BAILEY B
CATRETT, GABRIELLA
CAULEY, FORREST R
CAVALLARO, JOSEPH J
CERNETICH, IAN M
CHANDLER, BRIE A
CHARLTON, JAMES A
CHARMO, DANIEL J
CHATLAIN, DANIELLE M
CHRISTEN, COLE J
CHRISTENSEN, CARL J
CIFUENTES, JENNIFER M
CLARK, JOSIE B
COLE, ASHLEY A
COMBS, LAUREN O
COOK, ANGELA L
COPE, DEVON K
CORCORAN, THERESA F
COSSABOON, BRANDON R
DAUGHTRY, DELANIS F
DAWSON, LAUREN M
DEBLJAK, HANNAH H
DEMARCO, JONATHAN R
DESAIX, KAILA C
DILLON, NOAH P
DIMOFF, ALEXANDER J
DOUGLASSON, MCCOY D
DUNN, CORBIN G
DUTTBERR, SOPHIA P
EPLING, CASSIDY R
EVANGELISTO, KEVIN A
EVANS, JULIA A
FAUBERT, DANIEL G
FEDOR, CRAIG S

FEY, NANCY J
FIBLD, CASBY L
FISHER, MICHAELA A
FLOWERS, CATHERINE R
FREEMAN, ANDREW S
FRENCH, KENDALL L
FRYE, ROBERT A
FULLER, IAN J
FURR, ALAYNA M
FUST, AUSTIN B
GATBS, DAVID J
GEBL, HANNAH L
GENTRY, MOLLY M
GERLACH, COURTNEY J
GILLWALD, MARISSA K
GLASS, JONATHAN R
GLOVER, CASSIDY M
GONZALEZ, CRISTIAN
GREER, ALEXANDER P
GRIFFIN, THOMAS C
GROSS, JOSHUA R
GRYMBE, CHANLEY M
GUARNIERI, MICHELLE M
GUENBERT, ALEXANDRA N
GUICHON, AUSTIN R
GUNBERG, EMILY B
GUSTAFSON, JAN E
GUYTON, MATTHEW T
HABIGHORST, JULIA B
HAGAN, TAYLOR P
HAISLIP, KRISTEN A
HALL, MAX J
HARDISON, SARAH M
HARBELL, KAYLA A
HARRIS, RICHARD A
HEMBY, JEFFREY R
HEROLD, DANIEL J
HESKETT, SARAH N
HORNIAK, KEIRA L
HUBNER, EMILY M
HUFFMAN, ANNA L
HUMPHRIES, HARLIGH L
HUTCHISON, JESSICA R
IBARRA, RICARDO B
JACKSON, AMANDA K
JACKSON, BENJAMIN M
JENKINS, BRIAN L
JOHNSTON, KATELYN B
JONES, CAMILLE H
JONES, DELANEY M
JUAN, CHANG HENG
JUZBASICH, ALEXANDRA
KASSABIAN, JOSHUA V
KEILBY, KATHBRINE B
KING, DIANA M
KIRK, DEVON J
KLOKIS, KYLIE D
KOVACH, NICHOLAS J
LABILLOIS, ZOE R
LAMBERT, STEVEN D
LANCASTER, TIFFANY L
LEMLEY, GENEVIEVE A
LEMP, RYAN A
LOCH, HEATHER C
LOKIE, MICHAEL J
LOPEZ, ALEXIS M
LOUGH, BRANDON M
LOVE, CONNOR B
MAGLIATO, MARGARET F
MARKERT, NICOLE M
MARTIN, BRIN B
MATARAZZO, RACHAEL C

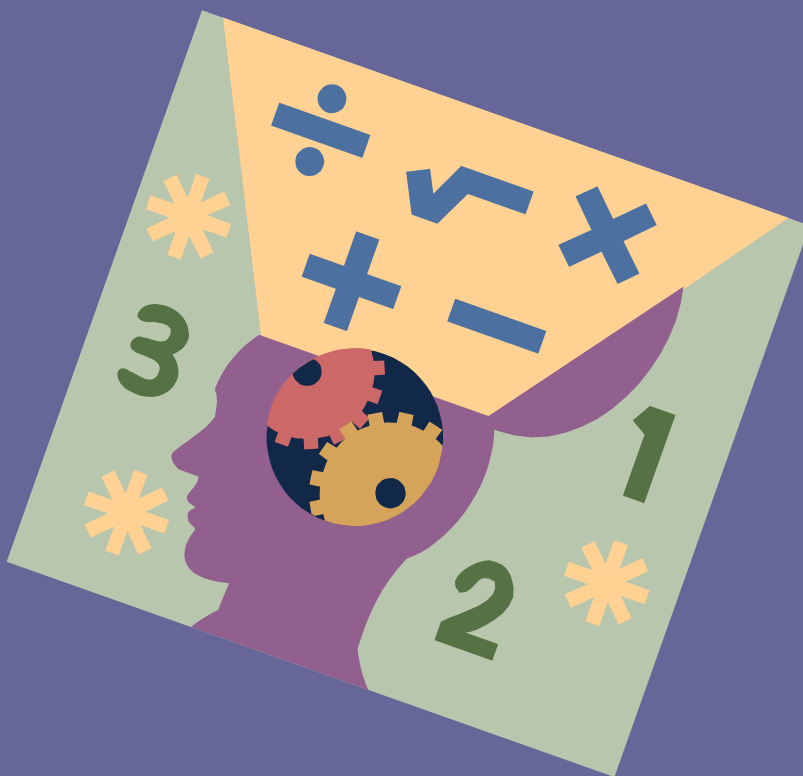
MATHEWSON, MEGAN B
MATOUSEK, ASHLEY C
MCCANN, CADIE A
MCCARTHY, KELLEN G
MCGOWAN, NICHOLAS R
MCINTOSH, JARED L
MCMAHON, CHRISTOPHER
MCMULLEN, TYLER Y
MEADOWS, EDWARD O
MEED, PAULA
MERSENDETTI, CHRISTOP
MEYERS, EVAN S
MICHEL, STEPHEN M
MILLER, CASBY L
MILLER, TAYLOR M
MINER, NATALIE M
MOENTMANN, AUDREY A
MOORTGAT, TREVOR A
MURTER, JESSICA H
MUTSCHLER, BLAYNE M
NEFF, KELLY M
NEBRANTZIS, GREGORY S
OTTOSON, KEBGAN J
O'CONNOR, DYLAN M
PARSONS, BRITTANY N
PERLA, VINICIO B
PIERCE, SARAH C
PIERMATTBO, KATHARINE
PIKE, TREVOR A
POTTER, NICHOLAS M
PRICE, JUSTIN M
RALSTON, JULIA-MARIE
REINERTSON, BRENTA
RETBALATO, DANIEL S
REYNOLDS, DAYNA M
ROBERTS, MARK L
ROSICK, AARON J
ROUSH, MEGHAN B
SALAMONE, VERONICA J
SAUNDERS, CAROLYN J
SCHAEFER, PAIGE J
SCHEREN, JACK H
SCHWARTZ, CAROLINE L
SCOTT, JACQUELINE B
SEARS, MATTHEW M
SEBAL, CALLIE B
SEBERDAHL, LUKE R
SEIDELMAN, ALANNA L
SEERATORS, JAKE J
SHERRIN, MATTHEW T
SHELTON, BRIN N
SIKORA, SARAH J
SILBER, TIMOTHY J
SIMMS, JORDAN M
SIMPSON, MATTHEW D
SMALLWOOD, WILLIAM T
SMITH, ANDREW H
SMITH, MORGAINB
SMITH, RHIANNON
SOBOTA, JAMIE L
STILLMAN, MARGARET M
STITZEL, AUGUST W
STONE, FORREST B
STULGA, STEVEN J
TABOR, ZACHARY D
TALWAR, KARISHMA
TEJADA, BRIK P
THOMAS, NATASCHA M
THOMPSON, CARMIE M
TILLY, ASHLEY N
TOLLEY, JOSEPH D
TRADER, DEBORAH L

TRAVER, LINDA K
TURGBON, MEGAN N
VANDER MOLEN, LINDSAY
VELLA, KRISTAN N
VOGBEL, HUNTER J
VOLPONE, PETER M
WALTERS, EMILY A
WASHINGTON, STEPHAN L
WEBER, SAMUEL W
WEBER, JOHNATHAN R
WEBSTERMAN, OLIVIA J
WHITE, JAMES M
WHITMER, ABIGAIL M
WICK, BRIANNA M
WILK, RACHEL M
WILLIAMS, MADBLAINE
WINGO, JOHN C
WINKLER, SAMANTHA T
WRIGHT, DUSTIN J
WRIGHT, WALTER W
WYATT, STEVEN B
YATES, JOHN G
YOST, CHARLES P
YOUMBI, DANIEL I

Virginia Math League Contest

The results from the second Virginia Math League contest are in! There was a five-way tie for the sophomore class between Collin Burns, Paul Dorsch, Saajid Hasan, Caroline Lampl, and Michael White. The sophomores are in third place with 9 points. The top scores for the junior class were earned by Kyle Sargent and Kylie Campbell. The junior class is currently in second place with 19 points. Ben Browning earned the high score for the senior class which places the seniors in first with 46 points.

The next contest will be held December 11, during open lunch. Listen to the announcements as the date approaches.



Congratulations to the Woodgrove Green Team
for winning the
Keep Loudoun Beautiful Award
for the second year in a row!

On December 21st, 2012, the Green Team will be hosting the "Great Green Out." On this day we are asking everyone in the Woodgrove High School community to focus conscious attention on their use of non-renewable resources. We will be taking meter readings before and after the Great Green Out to measure the impact of our efforts. People are asked to do an "energy audit" by taking stock of their personal environment to see if there are ways to cut down on use of electricity or other resources. We are asking teachers to reduce copying for the day (or re-use paper), turn out lights, plug portable devices into power strips to be turned on only when the item is in use, etc. We are also going to recycle as many materials as we can throughout the building on that day. Let's see how big of an impact we can make together to **GO GREEN!**



7TH ANNUAL AVIATION EDUCATION EXPO AT LEESBURG EXECUTIVE AIRPORT

Woodgrove Aerospace Students in Ms Gina Bingaman's classes attended the 7th Annual Aviation Education Expo at Leesburg Executive Airport on Friday, October 26th, 2012 from 10am – 2pm. This event was created for high school and college level students. The focus of this event is to introduce young people to the vast array of career opportunities within the aviation industry. The day was packed with industry leaders, vendors, aircraft displays, guest speakers, amazing prizes and most of all...information that could literally change their destiny!

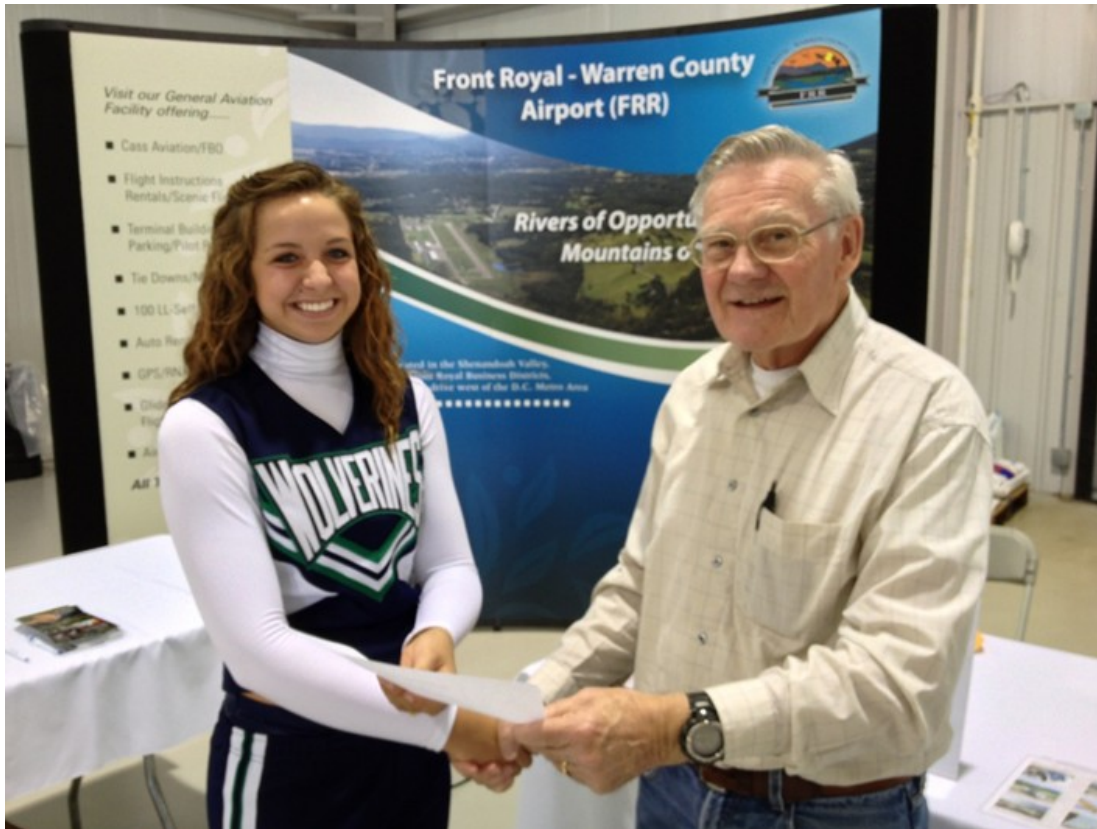


Perhaps the most exciting aspect of this event was the guest speakers and demonstrations this year. These speakers include Lt. Meagan Flannigan (Female US Navy Fighter Pilot), and Jamail Larkins – ranked #1 in Inc. Magazines “30 under 30 Coolest Young Entrepreneurs”.



In addition, Lt. Col. Adam Greer, a US Marine Corp recruiter and current airline pilot, 3rd Dimension Productions Skydiving Demonstration, and Chorman & Son Agricultural Aerial Application Water Dump Demonstration. These speakers shared their vision for education, drive, and the ability to pursue your dreams regardless of obstacles.

LEXI AMUNDSON WINS GLIDER SCHOLARSHIP



Lexie Amundson and Spencer Annear, President of Skyline Soaring Educational Foundation.

Skyline Soaring Educational Foundation [SSEF] of Virginia, USA was established February 2010. SSEF is a non-profit, public charity and their mission is to promote aviation education for young adults, by providing an opportunity to participation in the sport of soaring. The SSEF goals include:

1. Providing flight scholarships to selected high school and college students sufficient for them to gain the knowledge and experience necessary to solo a glider.
2. Award introduction, orientation flights through the Soaring Society of America FAST program to individuals who are interested in soaring but who do not necessarily qualify for a full flight scholarship.
3. Conduct presentations to various school and civic organizations to educate them on the sport of soaring.

This year (2012) SSEF will award one or more flight scholarships designed to fund thirty flights towards a glider rating. **Lexie was awarded one of the scholarships to attend instructional flight in a glider at the Front Royal Warren County Airport.**

RUSSELL HEIVILIN RECEIVES \$1000.00 AVIATION SCHOLARSHIP



Russell Heivilin, a junior at Woodgrove and a member of Ms Bingaman's Aerospace Science class, is awarded a \$1,000.00 aviation scholarship for him to attend a school of his choice, to further his studies, education, college, training and future career in aviation. Russell attended the ProJet 7th Annual Aviation Education Expo at Leesburg Executive Airport on Friday, October 26th, 2012. He wrote an essay discussing the impact flight school and flying lessons has had on his personal life and his future aspirations to help others as he advances to become a private pilot. Russell plans on studying aeronautical engineering in college.

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 in your home or at school.

BATTLE OF THE BOOKS TEAM NEEDS PARENT VOLUNTEERS

Create trivia questions for the Battle of the Books competition

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

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

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

The F.A.C.S. of Life

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

Volume 1, Issue 3

December 2012

Tips for a Healthful Holiday

For many the holiday season can be a stressful time of year. In order to alleviate some of the stress surrounding this time of year, the December FACS newsletter focuses on tips that can save you time and help you make healthy food choices while spending time with family and friends.

The holiday season is always a time for home baked cookies. Make these irresistible treats healthy by adding a tablespoon or two of all bran (or other fiber) to the batter before baking. This has proven to be an excellent way to sneak a healthy treat to those with a sweet tooth!

Entertaining this year? Slow the browning process of pomes (apples, pears), tropical fruits (pineapple) and some citrus fruits (oranges, grapefruits) by dipping them in Sprite® or another brand of lemon-lime soda before placing them on trays or platters. The ascorbic acid found in this and similar sodas (and lemons) helps to slow enzymatic browning, a natural reaction these fruits have when interacting with air.

Having a children's party? A quick and inexpensive way to decorate a room is with different color ribbon. Swirl it around pillars, hang it in doorways, or use it as a table runner. Need a tablecloth? Wrap the table with holiday theme wrapping paper and use a wrapped gift as a centerpiece. Serving juice boxes? Flip out the triangles at the top of each side and create instant handles (call them "ears", "antlers", or "wings")—no more worries about squirting juice!

Going to a party? Go ahead and indulge! Just take smaller portions of what's being served and for the next few weeks work off the extra goodies by taking the stairs, parking farther from entrances and taking walks around the neighborhood at night to enjoy the decorations (be sure to carry a flashlight and wear reflective gear).

These and other healthful tips are taught to students in a FACS course called Gourmet Foods. There is a strong emphasis placed on planning and preparing healthy snacks and meals that are

low in the 3 no-no's—salt, sugar and fat. Log onto www.myplate.gov and learn about the new food guidelines. Below are two favorite recipes of students to try over the holiday season (and throughout the year!).

Favorite Recipes of Students!

Oatmeal-Carrot Cookies

¾ c margarine or butter
1 ¾ c all-purpose flour
¾ c packed brown sugar
½ c sugar
1 egg
1 teaspoon baking powder
1 tsp vanilla
½ tsp ground cinnamon
¼ tsp baking soda
¼ tsp ground cloves
2 c rolled oats
1 c finely shredded carrots
½ c raisins (optional)

- In a large mixing bowl beat the margarine or butter with an electric mixer on medium to high speed about 30 seconds or till softened.
- Add about half of the flour to the margarine. Then add the brown sugar, sugar, egg, baking powder, vanilla, cinnamon, baking soda, and cloves. Beat till thoroughly combined, scraping sides of bowl occasionally. Then beat or stir in the remaining flour. Stir in the rolled oats, finely shredded carrots, and if desired, raisins.
- Drop dough by rounded teaspoons 2 inches apart onto ungreased cookie sheets. Bake in a 375 ° degree oven for 10-12 minutes or till edges are lightly browned. Remove cookies and cool on wire racks. Makes about 48.

The F.A.C.S. of Life

- Nutrition information per cookie: 77 calories. 1 g protein; 11 g carbohydrate, 3 g fat (1 g saturated), 4 mg cholesterol, 51 mg sodium, 39 mg potassium.
- Tip: add bran to the batter and increase the cookies fiber!

Need a quick dessert? **Microwave your cake!** See recipe below!

Pineapple Upside Down Cake

1 small yellow cake mix (8 oz)
 ¼ c butter or margarine
 1/3 c brown sugar
 Maraschino cherries
 1 can pineapple slices

- Drain pineapple. Reserve juice.
- Prepare cake mix according to package directions. (use reserved juice in place of some of the water)
- In round, glass cake or deep-dish pie plate melt the butter in the microwave.
- Sprinkle brown sugar in bottom of pan
- Arrange pineapple slices and cherries on top of brown sugar
- Pour cake batter into pan
 Microwave on high for 9-12 minutes
 When done, invert onto cake plate
- Serve warm.

Nutrition information: walk around the neighborhood 2 or 3 times!!!

Woodgrove FEA Chapter Update

What has the Woodgrove FEA members been up to for the last month?

- We're out in the elementary and middle schools in full force tutoring. If you need a tutor, contact your child's school and inquire about how to get this FREE service.
- FEA members and business partners supported the FEA state conference at Briar Woods High School November 10th. Congratulations to the competitors and winners from across the Commonwealth!
- FEA students are celebrating teachers throughout American Education Week with little treats.

What's in the future?

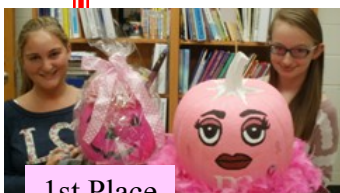
- FEA Members are Preparing for the National FEA Conference in Orlando, FL in April 2013.



FCCLA Announces WINNERS of PUMPKIN PALLOOZA

Congratulations to **MORGAN BALABAR** and **MEAGHAN HERRINGTON** for winning first place in the Painting Category! Congratulations to **JAIME SOBOTA** for winning first place in the Carving Category! Through the generous donations of Woodgrove High School students, staff, faculty, and administration, FCCLA was able to donate over \$150 to the **Loudoun Breast Health Network** to support their efforts in helping those diagnosed with breast cancer. Visit their website at www.lbhn.org.

A very special thanks to **Wegmyer Farm in Hamilton** for supporting our efforts by selling Woodgrove's FCCLA chapter discounted pumpkins to use during this fundraiser.



1st Place
Painting



1st Place
Carving

Woodgrove High School Family and Consumer Science Department

Mrs. Kathy Bohnsack, NBCT
Kathy.Bohnsack@lcps.org
 Dr. Karen C. Curtis, NBCT
Karen.Curtis@lcps.org
 540.751.2600—MAIN
 540.751.2601--FAX

STUDENT SCOOP...DID YOU KNOW?

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



CLASS SPONSORS:

SCA (Student Council Association)

MELANIE NEUBAUM
and JEFF SCHUTTE

SENIORS MARGARET CUCINELL,
EMILY STEVENS
and KELLEY HINES

JUNIORS RUSS THOMPSON
and SAMANTHA ZOLLER

SOPHOMORES KAREN CASTELLI,
PAM DARDEN
and CAROLINA WELLS

FRESHMEN SHANNON RAINSBERGER,
and RICH ROVANG

SENIORS

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

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

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

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

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

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

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

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

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

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

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

WHS School Store Holiday Open House



Tuesday, December 11th
5 - 8 PM

Still need a little something
for under the tree? How
about letting them show
their school spirit?

The Woodgrove School Store will be hosting a Holiday Open House on December 11th from 5 – 8 PM. We will be showcasing some fabulous new merchandise and you can take advantage of some AMAZING one-day deals. Don't miss out!

Yearbooks are on sale now for a base price of \$75.00 by
visiting www.jostensyearbooks.com

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



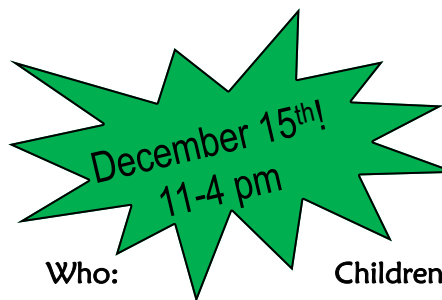
WHS ACADEMIC TEAM WINS!!!

The Academic Team will be on NBC 4 winning their match against Stonewall Jackson and The School without Walls. This will be televised on December 1st at 11:00a.m. This team recently took a large lead (60 points) on all Loudoun County schools in the Scholastic Challenge competition. Their VHSL season starts here at Woodgrove on the 29th of November against LC and Dominion.



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.



WOODGROVE HIGH SCHOOL
IS PROUD TO PRESENT

HOLIDAY HELPERS

- Who:** Children in grades K – 5th (younger children can attend if potty trained)
- What:** Your children can participate in an evening of exciting activities with the Woodgrove High School Senior Class (and adult supervisors, of course) while parents can enjoy a day of holiday shopping.
Activities for the children may include, but are not limited to:
Gym Time – Basketball, Relays, Obstacle Course
Arts, Crafts, and Board Games
Lunch
Movie Time
- When:** Saturday, December 15th, 2012
11:00AM-4:00PM
- Where:** Woodgrove High School
- Why:** All proceeds from the event will go toward graduation expenses.
- Cost Per Family:** One child - \$25; each additional child \$15
- Timeline:** 10:45-11:00 – Check in for children.
• Each child will get a numbered wristband.
• Adult dropping the kids off will get card with number from the wristband.
• When adult picks up children they must present the card to match to wristband.
• If a different adult picks up the children they must have the number from the card.
12:00 – Wash Up
12:00-1:00-Pizza and Drinks in Cafeteria
1:00-2:00 – Activity Period
2:00-3:30- Movie and Popcorn Time
3:30-4:00 – Prepare for pick-up

Register now to reserve your spot. **RESERVE NOW, SPACE IS LIMITED.**

PLEASE PRINT NEATLY

PARENT'S NAME(S): _____

HOME PHONE #: _____ **EMAIL ADDRESS:** _____

EMERGENCY PHONE # FOR 12/15/12: _____

CHILD'S NAME & AGE:

1.	_____	-	_____
2.	_____	-	_____
3.	_____	-	_____
4.	_____	-	_____

LIST ANY ALLERGIES OR SPECIAL NEEDS FOR YOUR CHILD: _____



SENATUS POPULUSQUE WOODGROVIANUS

WOODGROVE HIGH SCHOOL LATIN CLUB

Latin Convention 2012

Congratulations to the Woodgrove Latin Club for a successful performance at the Virginia Junior Classical League convention on November 18-19. Twenty students from Woodgrove joined over two thousand Latin students from around the state to compete in spirit events, academic exams, graphic arts, and creative arts contests. Latin Club officers Abby Whitmer, Kelly Hart, and Shannon Song led the delegation with an outstanding performance in the spirit competition.

Several students earned top-ten placements in these statewide competitions:

Rachel Burns	– 10 th Place in Grammar (Level 5+)
Hannah Devinney	– 8 th Place in Reading Comprehension: Prose (Level 5+) – 5 th Place in Sight Reading (Level 4+)
Janis Gomez	– 9 th Place in Mythology (Level 5+)
Margaret Hale	– 7 th Place in Sight Reading (Level 4+)
Kelly Hart	– 10 th Place in Derivatives (Level 5+) – 4 th Place in Vocabulary (Level 5+)
Erik Smetana	– 4 th Place in Roman History (Level 5+)
Shannon Song	– 8 th Place in Reading Comprehension: Prose (Level 5+)
Annie Williams	– 9 th Place in Graphic Arts: Greeting Cards (9 th Grade)
Angela Yost	– 3 rd Place in Creative Arts: Storytelling (9 th Grade)

FROM THE PTSO:

If you haven't picked out your Christmas tree yet:

Please consider visiting Moose Apple Christmas Tree Farm in Berryville, who has generously offered to donate a portion of every tree sold to the Woodgrove High School PTSO. All you need to do is print out the attached flier and bring it with you to the farm.

James Bond can't touch this After-Grad Nite Celebration... Casino Royale:

The PTSO is dedicated to making graduation night a safe one for our class of 2013 graduating seniors. We also want it to be a tremendous amount of fun and a most memorable experience since it is their very last night together as "Wolverines." Senior class reps came up with some fantastic ideas, for what they want to see in their after graduation party, including a casino night - now the PTSO needs volunteers dedicated to making those ideas happen. We have formed a special committee to get this culminating event off to a great start but would welcome your involvement! This is also a great opportunity for parents of juniors to get involved and pay it forward. **Dads of Grads - We will also need dealers!! Time to showcase your awesome skills!**

Please contact: Susanne Kahler at

WoodgrovePTSOPresident@gmail.com .

Woodgrove's first annual holiday Marketplace was a success and I would like to thank Sherri Zoldos for taking on such a large project! We hope to make it even bigger and better in the years to come. Thanks to all the groups and vendors who participated!

KUDOS TO WOODGROVE TEACHERS:

The PBIS (Positive Behavioral Interventions and Supports) team is launching a teacher recognition program. The purpose is for students to be able to recognize their teachers for the work they do, and the ways in which they help. Each month, two Woodgrove teachers will be in the "spotlight," for a special honor based upon student nominations. The PBIS team wants all teachers to know when something positive has been said about them, however, so they are asking for donations of **KUDOS SNACK BARS** . They will put all nominations in the corresponding teacher's box with a Kudos bar attached as a way of saying "good job".

If you can donate a box of Kudos Bars, please send it into school with your student marked for "Rachel Wilburn."

Our next PTSO general membership meeting (and the last one of 2012!) is December 11th at 7 p.m. in the library. Please join us!

Susanne Kahler

Woodgrove High School PTSO President

WoodgrovePTSOPresident@gmail.com

2012-2013 Executive Board Members:

Jackie Erb, 1st Vice President

Tia Brierton, 2nd Vice President

Adrienne Lynne, Secretary

Lisa Hale, Treasurer

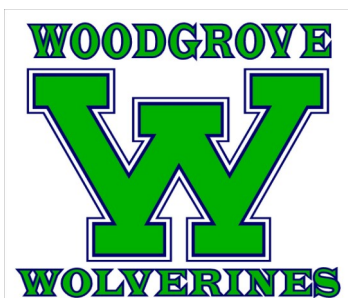


The Woodgrove Weekly, a premier weekly email newsletter produced by your PTSO, will keep you informed on the latest school news, updates, announcements, events, and activities within all departments and areas of Woodgrove life. The Woodgrove Weekly is the best tool for students, families and staff to 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



Upcoming PTSO Meetings and Events

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

Dec. 11, 2012 7:00 pm
General Membership Meeting

Past accomplishments:

Funded construction of an outdoor nature trail and classroom

Funded teacher requests for books, materials and transportation

Awarded academic scholarships to graduating seniors

Sponsored the Senior Breakfast and Project Graduation

Contributed to staff appreciation week

Maintained a discretionary fund for students and families in need

Organized volunteers for special WHS events

What we will continue to do:

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

Recognize and celebrate our successes

Keep you informed weekly of all the WHS happenings

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

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

MEMBERS NAME(S): _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP CODE: _____

PHONE NUMBER: _____ MEMBERSHIP AMT ENCLOSED: _____

EMAIL(for Woodgrove Weekly): _____ ADDTL TAX FREE DONATION: _____

Please return to the PTSO box in the main office.

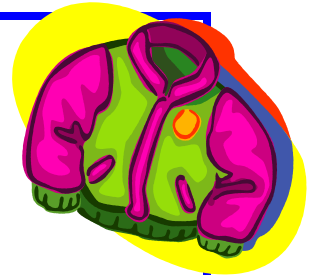
From the Parent Liaison



May thanks to all the parents, staff and especially the students (Primarily PEER and Varsity Club) who helped make our second annual **Pack a Pick-up Food Drive** a success! The truck, parked at the last home football game, was loaded with donated non-perishable items that later filled the shelves of the Western Loudoun Food Pantry and then went to local families.

*On behalf of many grateful people,
I thank you!*

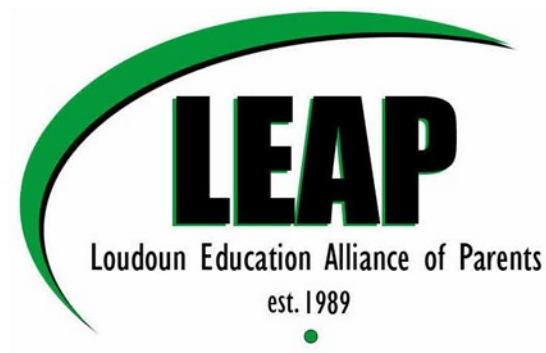
BEAT THE COLD: Please help me as we team up with the Woodgrove Varsity Club for a Winter Coat Drive. We will be collecting clean coats in good condition with working zippers and buttons intact. Watch for upcoming dates and please begin to gather your donations.



THE GIFT OF GIVING: My Holiday wish is that everyone in the Woodgrove High School Community has needs met and hope renewed so that the spirit of the Season can be shared and enjoyed.

If you are interested in helping, please consider making a contribution and look for the brightly wrapped gift box in the Main Office. Your donation can be as small or big as you like and are able. It can be in the form of a gift card, check or cash, so families can have the joy of choosing appropriate and wished-for gifts for their children. Gift cards for Bloom, Giant, WalMart, Target, Rite-Aid, the Outlet Mall or other local stores are gratefully appreciated. Please make checks payable to Woodgrove High School. Your donation can be dropped off at school in the gift box or sent in with your child. **100% of the money/donations will be distributed to families within our local community.**

Please **if you have needs** or know of someone who does, let me know. Help is available and is always offered in a confidential and respectful way. If you want to talk to me about your needs and how we can work best together, please call me at 540-751-2607 or email me pam.hayba@lcps.org



WHAT IS LEAP?

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

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

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

2012 - 2013 Topics

December 12, 2012 – Internship Possibilities

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

February 13, 2013 – Technology in the Classroom

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

April 10, 2013 – Cyber Safety

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

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

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

Loudoun County
Public Schools



What are the functions of SEAC?

- Advise LCPS of the needs in the education of students with disabilities.
- Participate in the development of priorities and strategies for meeting the identified needs of students with disabilities.
- Submit periodic reports and recommendations to the superintendent for communication to the school 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.***

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

Buy a tree and help the Woodgrove High School PTSO

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

<http://www.mooseapplechristmastreefarm.com>

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

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

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

Christmas Trees

Tree Stands

Wreaths

Pine Roping

Crafts

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

Saws provided. Please no chainsaws.

Tree Prices:

Pre-cut Fraser Firs
\$65 any size

Other Spruces & Firs
\$55.00 up to 12 ft

Pines
\$40.00 up to 12 ft

Tree Sizes: Table Top to 12 ft.

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

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

Farm Hours:

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

Open 7 days a week beginning
Nov 17

9 AM til Dusk Sat-Sun

10 AM til Dusk M-F

Directions--From Purcellville

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

R on Shepherds Mill RD -

R on Wickliffe RD to Tree Farm on Left.

OR: Use street address for GPS or
MapQuest.



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

Follow Us on Facebook for Farm Updates!

www.MooseAppleChristmasTreeFarm.com

farmer@MooseAppleChristmasTreeFarm.com



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 raised 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



***The ROARING 20'S RISE AGAIN AT
WOODGROVE HIGH SCHOOL'S 2013
GRAD NITE CELEBRATION***

**Seniors: Please join us
Monday evening, June 10, 2013
From 9 P.M. UNTIL 2 A.M.**





LCPS MENUS ARE ONLINE AND
CAN BE ACCESSED BY
CLICKING HERE