



WOODGROVE HIGH SCHOOL

OCTOBER 2013

Principal's Message

Dear Woodgrove families,

What an exceptional opening to the year we have had! Many thanks to everyone who assisted us with making the 2013-2014 beginning so outstanding! We currently have 1493 students attending Woodgrove High School. Ninth graders have made the transition to high school and have quickly become an integral part of our school. As we move through the Fall, we will continue to place an emphasis on making meaningful connections with each student. I truly believe a sense of belonging and family is important to the overall success of our students.

In September, we held our Back-to-School Night. Many thanks to all those parents and guardians who attended and made the evening so successful. I continue to urge all parents and guardians to stay involved in the school life of your son/daughter. The Clarity Parent Portal will open on Wednesday, October 2. At this site, parents, guardians and students can stay updated on student assignments and grades. If you have any questions regarding Clarity, please contact the school and/or specific teacher.

Once again, the year is off to a great start! We offer much gratitude to the PTSO, the WMAA and the WWABC for their efforts to support the school. These groups have planned many exciting activities for this year and I do encourage you to participate.

Whether you are a father, mother or guardian of a student at Woodgrove, I urge all of you to be involved with the school in some capacity. Best wishes to everyone, and thank you for your continued support

Sincerely,

William S. Shipp
Principal

Woodgrove High School

36811 Alder School Road
Purcellville, VA 20132

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

William S. Shipp
Principal

Daryl Cummings
Assistant Principal

Renee Dawson
Assistant Principal

Tim Panagos
Assistant Principal

Geri Fiore
Director of School
Counseling

Rusty Lowery
Athletic Director

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



Beliefs:

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

Woodgrove High School Honor Code

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

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

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

Cheating

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

- Copying from another person's (s') work or allowing another person to copy his/her work or assessment.

- Talking/signing/texting during an assessment.

- Relaying assessment content to students taking the assessment at another time.

- Using study aids/notes/books/data/phones/electronic devices, etc., without the teacher's express permission to do so.

Plagiarism

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

- Presenting as your own someone else's work in all or in part.

- Copying of language structure, programming, computer code, ideas, and/or thoughts of another without proper citation or acknowledgement.

- Copying word for word without using quotation marks or giving credit to the source of the material.

- Failing to give the original source credit through documentation and bibliography.

- Having somebody else complete assignments, either partially or completely, which are then submitted as one's own work.

*Adapted from the University of Virginia Honor Code.

Woodgrove High School Honor Code... Page 2

Falsifying/Lying

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

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

Stealing/Theft/Vandalism

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

Responsibilities

Students will...

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

Teachers will...

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

Parents will...

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

Administrators will...

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

Woodgrove High School Honor Code... Page 3

Consequences:

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

First Offense (and all subsequent offenses):

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

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

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

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

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

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

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

Second Offense

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

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

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

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

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

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

Woodgrove High School Honor Code... Page 4

Third Offense and subsequent offenses:

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

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

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

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

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

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

Woodgrove High School Honor Code Acknowledgement and Receipt

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

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

Student printed name

Student signature

Parent printed name

Parent signature



2013-14 SCHOOL CALENDAR for Students

September 3	FIRST DAY OF SCHOOL FOR STUDENTS
October 14	Holiday (Columbus Day)
November 1	End of First Grading Period
November 4-5	Student Holiday (Planning/Records/Conference Days)
November 27-29	Holiday (Thanksgiving)
December 23-31	WINTER BREAK
January 1	Holiday (New Year's) (Classes Resume January 2)
January 20	Holiday (Martin Luther King Jr. Day)
January 24	End of Second Grading Period
January 27	MOVEABLE STUDENT HOLIDAY** (Planning/Records/Conference Day)
February 17	Holiday (Presidents' Day)
March 28	End of Third Grading Period
March 31	Student Holiday (Planning/Records/Conference Day)
April 14-18	SPRING BREAK
May 26	Holiday (Memorial Day)
June 13	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 1, 2013
January 24, 2014
March 28, 2014
June 13, 2014

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

Woodgrove High School

2013 – 2014 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* (10:38 – 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

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.

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**

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.

CLINIC

October Reminders from the Health Clinic :

Hello from your School Nurse...

Please be reminded that LCPS requires new physician's order/care plans each school year for the medication or specialized care which your child receives at school. Health conditions which require specific forms are: Severe allergy and Epinephrine auto-injector, Seizures, Asthma with Inhaler and /or nebulizer, Diabetes, Current Medical procedures, i.e .tube feedings, catheterizations, New health concerns or Medical Procedures . You and your child's physician must complete and sign the proper form(s). The required forms are available in the clinic or online www.lcpc.org. Click on the "Parents: tab and the forms will be found under Medication at School-for Parents. I will be happy to send a form home with your child if you need one.

All Over -the- Counter and Prescription Medications requires the Medication Authorization form to be completed. Parents must transport all medication to and from school . I cannot accept any prescription medication without current physician's orders.

All 10th grade students and those new to LCPS will be screened for vision and hearing on November 14, and 15 during their scheduled Physical Education class. Please remind your child if they wear eye glasses or contact lens to bring them on their scheduled PE day.

Seasonal Allergies and Cold and Flu season has arrived! Please remind your child that the Health Clinic does not stock any type of cold medicine, throat lozenges, or cough drops. If your child is taking allergy medication remind them to take their medication and or eye drops at home as prescribed or over the counter medications as directed by you the parent or guardian . I don't want them to miss valuable class time coming to the clinic for medication I do not have to give them.

While good attendance is important to the learning process, illness compromises a sick child's learning and jeopardizes other students. A child who is experiencing symptoms of illness should not be sent to school. In deciding when to send a child back to school after having the flu, the Health Department recommends that your child be out of school for at least 3 to 5 days after fever and respiratory symptoms begin and a full 24 hours after fever (100.0 F or greater) subsides. Symptoms of seasonal "Flu-like Symptoms" are fever >100.0, cough , and body aches , fatigue., runny nose, mild to moderate chills, sneezing. Check with your health care provider for this year's flu vaccine.

CLINIC

Prevention Tips:

- *Cough and sneeze into your elbow
- *Wash hands with soap and warm water for a minimum of 15-20 seconds.
- *Use hand sanitizer when soap and water are not available.
- *Avoid touching eyes, nose or mouth without washing or using hand sanitizer first.
- *Stay home if you are sick to avoid contaminating others

All of us have heard that breakfast is the most important meal of the day, yet a surprising number of students come to the clinic with stomachaches and headaches caused by not eating breakfast. The most common reason given for skipping breakfast is “there wasn’t enough time to eat”. If breakfast is skipped by mid-morning the student may have little energy available until their scheduled lunch block. I discuss with students that breakfast doesn’t have to mean homemade waffles and pancakes. There are many quick and easy breakfasts that provide proper nutrition. They can also buy breakfast at the school cafeteria. Please remind your child to eat a healthy breakfast so they are ready to learn in the classroom.

***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

PREVENTING TICK-BORNE DISEASES IN VIRGINIA



Spring and summer bring warm temperatures, just right for walking in the woods and other outdoor activities. Warm weather also means that ticks become more active and this can increase the risk of a tick-borne disease. The tick-borne diseases that occur most often in Virginia are Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis.

Lyme Disease

Lyme disease is caused by infection with a bacterium called *Borrelia burgdorferi*. The number of Lyme disease cases reported in Virginia has increased substantially in recent years.

The Tick

The blacklegged tick (*Ixodes scapularis*), formerly known as the deer tick, is the only carrier of Lyme disease in the Eastern U.S. The blacklegged tick's name comes from it being the only tick in the Eastern U.S. that bites humans and has legs that are black (or dark chocolate brown) in color.

Lyme disease transmission to humans usually occurs during the late spring and early summer when young (nymph stage) ticks are active and feeding. Tick nymphs normally feed on

small and medium sized animals, but will also feed on people. These ticks typically become infected with the Lyme disease agent by feeding as larvae on certain rodent species.

In the fall, the nymphs become adults and infected nymphs become infected adults. Adult blacklegged ticks prefer to feed on deer. However, adult ticks will occasionally bite people on warm days of the fall and winter and can transmit Lyme disease at that time.

Transmission of Lyme disease by the nymph or adult ticks does not occur until the tick has been attached and feeding on a human or animal host for at least 36 hours.

The Symptoms

Between three days to several weeks after being bitten by an infected tick, 70-90% of people develop a circular or oval rash, called erythema migrans (or EM), at the site of the bite. To qualify as an EM, the rash must be at least two inches in diameter. That is because bites by some tick species can cause local inflammation and redness around the bite that could be mistaken for an EM. Unlike localized inflammation, an EM rash will increase in size and may become more than 12 inches across. As it enlarges, the area around the center of the rash clears, giving it a "bull's eye" appearance. The EM rash does not itch or hurt so if it is not seen, it may not be noticed. In addition to an EM rash, Lyme disease may cause headache, fever, muscle and joint aches, and a feeling of tiredness. If left untreated, Lyme disease may progress to affect the joints, nervous system, or heart several weeks to months after the tick bite. In a small percentage of infected people, late symptoms may occur months to years later and cause long-term nervous system problems or arthritis.



EM Rash

PREVENTING TICK-BORNE DISEASES IN VIRGINIA

Unfortunately, blacklegged tick nymphs are small (about the size of a pinhead), difficult to see, and cause no itch or irritation at the site of the bite, so many people are not aware they have been bitten. If you have been in an area that might contain ticks and you experience any symptoms of Lyme disease, contact your doctor.

The Treatment

When Lyme disease is detected early, its effects can be mild and easily treated with antibiotics. In the late stages, Lyme disease can be treated successfully with antibiotics, but recovery may take considerably longer.

Rocky Mountain Spotted Fever

Rocky Mountain spotted fever (RMSF) is caused by infection with a bacterium called *Rickettsia rickettsii*. The disease is characterized by a sudden onset of symptoms and can be fatal if not treated. Nearly all cases occur in the spring and summer months.

The Tick

In Virginia, the American dog tick (*Dermacentor variabilis*) is the species known to carry the agent of Rocky Mountain spotted fever. The tick needs to feed on a host/person for only about four hours to transmit the bacteria. Fortunately, less than 1% of American dog ticks carry the agent of RMSF.

The Symptoms

Symptoms of Rocky Mountain spotted fever begin 2-14 days after the tick bite, and may include fever, deep muscle pain, severe headache, chills, and upset stomach or vomiting. From the third to fifth day of illness a red, spotted rash may appear, beginning on the wrists and ankles. The rash spreads quickly to the palms of the hands and soles of the feet and then to the rest of the body. However, only about half of RMSF patients develop a rash.

The Treatment

Antibiotic treatment for RMSF is effective, and suspected RMSF should be treated as soon as possible based on symptoms and a history of tick exposure. The risk of death from RMSF increases by the fifth day of illness - but the rash often does not occur until that time. Therefore, do not wait for RMSF blood test results, or the appearance of a rash, before starting treatment. Treatment is important; almost one-third of those who do not get treated die from this disease.

Ehrlichiosis and Anaplasmosis

Although several diseases can be caused by bacteria in the *Ehrlichia* and *Anaplasma* genera, the most common in Virginia are human monocytic ehrlichiosis (HME) and human granulocytic anaplasmosis (HGA). HME is transmitted only by the lone star tick (*Amblyomma americanum*) and most commonly by bites from adult ticks. Lone star ticks are very common and are responsible for the most tick bites to people in Virginia. HGA is transmitted only by the blacklegged tick (most commonly by bites from nymphal stage ticks). The bacteria causing HME or HGA will not be transmitted unless the infected tick has been attached and feeding for at least 24 hours.

The Symptoms

Symptoms for both HME and HGA can include fever, headache, muscle pain, vomiting, and general discomfort. Illness can be severe - up to 3% of patients may die if not treated.

The Treatment

HME and HGA respond rapidly to treatment with antibiotics. Treatment should be based on symptoms (including platelet and liver enzyme tests) and history of tick exposure. Treatment should not be delayed while waiting for ehrlichiosis- or anaplasmosis-specific serology results.

Other Diseases

Ticks can transmit other diseases, such as tularemia (rabbit fever) and babesiosis. Neither of these illnesses is common in Virginia. Tularemia is a bacterial disease that has a sudden onset of fever and chills. Typically, an ulcer develops at the site of the tick bite and surrounding lymph nodes become enlarged. Tularemia is a serious illness and untreated cases may be fatal. Tularemia is most commonly associated with the American dog tick, but may also be transmitted by the lone star tick. Babesiosis is caused by a parasite that infects red blood cells. The babesiosis agent is transmitted only by infected black legged ticks. Symptoms include fever, chills, muscle aches, fatigue, and jaundice. Fatalities may occur in immunocompromised or splenectomized patients.

Spotted rash on arm and hand of RMSF patient.



PREVENTING TICK-BORNE DISEASES IN VIRGINIA

Prevention

Ticks do not jump or fly; they wait on the forest floor, leaf litter, or low vegetation and attach to the feet or shoes of people or legs of animals as they pass by. The ticks then crawl upward.

The following steps can reduce your risk of tick-borne diseases:

- Avoid potential tick habitats such as tall grass and vegetation in shaded areas, forests, and along forest edges.
- Walk in the center of mowed trails to avoid brushing against vegetation.
- Keep grass cut and underbrush thinned in yards. If pesticides are used for tick control, follow directions carefully or hire a professional to apply the pesticide.
- Eliminate wood piles and objects that provide cover and nesting sites for small rodents around your property.
- Wear light-colored clothing so that ticks are easier to see and remove.
- Tuck pant legs into socks and boots, tuck shirts into pants, and wear long-sleeved shirts buttoned at the wrist.
- Conduct tick checks on yourself and your children every four to six hours while in tick habitat.
- Apply tick repellent to areas of the body and clothing that may come in contact with grass and brush. Repellents include those containing up to 50% DEET for adults or less than 30% for children. An aerosol repellent/insecticide containing 0.5% permethrin may be applied to shoes, socks, and other clothing, but should not be used on skin. Follow directions carefully and do not overuse. Some tick repellents can cause toxic or allergic reactions.
- Ask your veterinarian to recommend tick control methods for your pets. Animals can get Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis, but they do not transmit these diseases to humans.

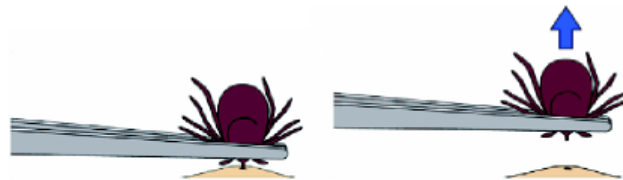
Tick Removal

Because ticks do not transmit disease until they have been attached to the host for several hours or several days, it is very important to remove ticks as soon as they are found. The following is the best way to remove a tick:

- Grasp the tick with tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Avoid any twisting or jerking motion that may break off the mouth parts in the skin. Mouth parts left in the wound may cause irritation or infection similar to a reaction from a splinter.
- If tweezers are not available, protect your fingers with gloves, tissue, or a paper towel; do not touch the tick with bare fingers. Do not squeeze or rupture the tick's swollen abdomen. This may cause an infectious agent to contaminate the bite site and cause disease.
- After the tick has been removed, wash hands with soap and water. Apply a topical antiseptic to the bite site.
- You can dispose of the tick by drowning it in alcohol or flushing it down a drain or toilet. However, it may be useful to save the tick in alcohol for several weeks and have it identified by an expert in case you become ill. Knowing what kind of tick bit you might help your doctor diagnose the illness..
- Tick removal using nail polish, petroleum jelly, alcohol or a hot match is not safe. These methods could cause the tick to regurgitate an infectious agent into the site of the bite.

www.vdh.virginia.gov

April 2010





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

Hamstring Strains

What's so frustrating about hamstring strains to both the student-athlete and the athletic trainer is how easily and frequently these can recur, how long they take to rehabilitate and how limited the treatment options are. The hamstrings are a group of 4 muscles at the back of the thigh. Their main purpose is to help flex the knee and lower leg.

A hamstring strain is a partial tearing of the muscle fibers. It usually occurs at the weakest part of the muscle. The degree of tearing determines the severity of the injury. A micro-tearing of the muscle fibers is a mild strain or grade I. A partial tear of the muscle is a moderate strain or grade II. A complete rupture of the muscle is a severe strain or grade III.

Symptoms of a hamstring strain are usually a snap, sharp pain and severe spasm. There may be swelling and bruising over the injured area and the leg will feel weak. People usually know when they pull a hamstring. Strains tend to occur in those student-athletes who have not warmed up properly. Another predisposing factor is if someone's hamstrings aren't as strong as they should be in comparison to their quadriceps (front of thigh) muscles.

Most hamstring strains are diagnosed with a physical exam but if there's any question a physician may order a MRI. The vast majority of strains are treated non-surgically with a period of rest, ice, compression wrap and crutches until the symptoms have subsided. Then physical therapy is prescribed to reduce swelling and restore range of motion to the hip and knee. Then a strengthening program is prescribed to decrease the risk of re-injury. Micro-tears get better in a matter of days but a complete rupture can take 4-8 weeks to heal.

Fitness

Squeezing a ball before competition may improve performance

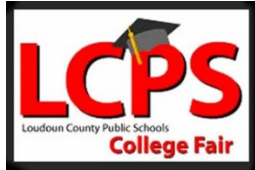
Some athletes may improve their performance under pressure simply by squeezing a ball or clenching their left hand before competition to activate certain parts of the brain, according to new research by the American Psychological Association (APA).

In three experiments with experienced soccer players, judo experts and badminton players, researchers in Germany tested athletes' skills during practice and then in stressful competition before a large crowd or video camera. Right-handed athletes who squeezed a ball in their left hand before competing were less likely to choke under pressure than right-handed players who squeezed a ball in their right hand. For skilled athletes, many movements, such as kicking a soccer ball become automatic with little conscious thought. When athletes are under pressure don't perform well, they may be focusing too much on their own movements rather than relying on their motor skills developed through years of practice. This is called rumination.

Rumination is associated with the brain's left hemisphere, while the right hemisphere is associated with superior performance in automated behaviors. The right hemisphere controls movements of the left side of the body and the left hemisphere controls the right side.

In one experiment, 30 professional male soccer players took six penalty shots during a practice session. The next day, they attempted to make the same penalty shots in an auditorium packed with more than 300 students. The players who squeezed a ball with their left hand performed as well under pressure as during practice, while players who squeezed a ball in their right hand missed more shots in the crowded auditorium.

However, the ball-squeezing technique probably wouldn't help athletes whose performance is based on strength and stamina. The effects apply to athletes whose performance is based on accuracy and complex body movements.



2013 LCPS College Fair

The 2013 Loudoun County Public Schools (LCPS) College Fair will be held from 4 to 5:30 p.m. and 6:30 to 8 p.m. on Sunday, September 29th, at Stone Bridge High School, 43100 Hay Road, Ashburn. More than 200 colleges, universities, trade schools and military academy representatives will be present. High school counselors will be on-site to help parents and students. They will be wearing "ASK ME" buttons. Handouts on financial aid information, as well as other college advice, will be available at the front entrance hall. Shuttle bus service will be offered from Sanders Corner Elementary School, located at 43100 Ashburn Farm Parkway. The shuttle will run every 15 minutes while the fair is open.

Summer Residential Governor's School

Friday, September 27, 2013 at 9:00am in the auditorium a representative from the Virginia Governor's School will be at Woodgrove to present about this amazing opportunity for 10th and 11th grade students. This program provides gifted high school juniors and seniors with intensive educational experiences in visual and performing arts; humanities; mathematics, science, and technology; life science and medicine; or through mentorships in marine science or engineering. Sign up today through Naviance!

***NEW!* Counselor Coffees & Cafes**

We have scheduled two exciting events for parents of 12th grade students:

Counselor Coffee (10/1/13 7:45-8:45am) – We will host our first open lab session for seniors and their parents. We will be available to help with Naviance/Family Connections and college applications.

Counselor Café (Mondays 4:00-7:00p) – Beginning October 7th the School Counseling Office will be open until 7:00pm on Monday nights. Counselors will be available to assist seniors and their families with any questions pertaining to the college application process. Please call for an appointment or just stop by.

Please check out helpful resources on the Counseling webpage <http://www.lcps.org/domain/11155>

Upcoming Career Center Visits

Visits this year will take place mainly during 6th Block Flex.

*Change in Career Center Procedure: **Students must register for visits through Naviance.** Those who are not on the list will not be permitted to attend. Attendees will receive a pass during homeroom or can print their registration from Naviance to serve as your pass. Please visit Mrs. Sutphin in the Career Center with any questions.

9/12 at 11:00am	Roanoke College
9/16 at 2:30pm	Virginia Wesleyan College
9/18 at 10:00am	Virginia Tech
9/23 at 9:15am	George Mason University
9/24 at 10:30am	Elon University
9/26 at 10:30am	Radford
9/27 at 9:00am	Virginia Governor's School
9/27 at 9:00am	University of South Carolina
9/27 at 10:45am	Pittsburgh Institute of Aeronautics
9/30 at 9:30am	North Carolina State University
9/30 at 10:40am	University of Virginia Wise



WHS Counseling News



It's Not Too Early to Start Thinking about Scholarships

Visit [LCPS Guidance Webpage](#) for up-to-date county scholarship postings:
[Horatio Alger Scholarship](#) - Deadline 10/25/13

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.

November 9, 2013 at 9:00am - Heritage High School

March 1, 2014 at 9:00am - Loudoun Valley High School

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

Upcoming SAT/ACT Test Dates

SAT Test Dates www.collegeboard.com

October 5 (Registration deadline 9/6, late registration deadline 9/20)

November 2 (Registration deadline 10/3, late registration deadline 10/18)

December 7 (Registration deadline 11/8, late registration deadline 11/22)

January 25 (Registration deadline 12/27, late registration deadline 1/10)

March 8 (Registration deadline 2/7, late registration deadline 2/21)

May 3 (Registration deadline 4/4, late registration deadline 4/18)

June 7 (Registration deadline 5/9, late registration deadline 5/23)

ACT Test Dates www.actstudent.org

September 21 (Registration deadline 8/23, late registration deadline 9/65)

October 26 (Registration deadline 9/27, late registration deadline 10/11)

December 14 (Registration deadline 11/8, late registration deadline 11/22)

February 8 (Registration deadline 1/10, late registration deadline 1/24)

April 12 (Registration deadline 3/7, late registration deadline 3/21)

June 14 (Registration deadline 5/9, late registration deadline 5/23)

Naviance/Family Connections

Don't wait get connected! Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process. Students' username and password should both be their 6-digit student ID number. Parent's login should be their email address that we have on record as the username and woodgrove (all lowercase) as the password. For more information, go to the WHS School Counseling page or contact Rachel Sutphin at rachel.sutphin@lcps.org

2013-2014 Counselor Assignments

Future Quest 2013:

A FREE College and Career Forum for Students with Disabilities

Will be held Saturday, November 16, from 8:30 a.m. to 2:40 p.m. in the Johnson Center at George Mason University, Fairfax campus. Registration begins at 8:00 a.m.

Students with disabilities, their parents, educators, and professionals can learn about educational and career opportunities for life after high school. Speakers, workshops and displays will cover all aspects of transition from school to the real world, including the college application process, college life, accommodations, financial aid, strategies for success, supports and resources for college, career planning, career exploration, career/technical schools, career opportunities, and self advocacy.

Participants can attend more than 40 workshops and network with more than 50 representatives from colleges, technical schools, service-providing agencies, and other professionals.

Keynote speaker Andrew Feldman was diagnosed with Asperger syndrome in middle school and enjoys sharing his story with students, parents, educators, and professionals about how to increase the odds of success in school, college, and life. Andrew is a political professional and business owner, and he graduated *cum laude* from George Washington University. Join us on Saturday, November 16, 2013 at George Mason University, Johnson Center, Fairfax campus, to hear Andrew share his personal journey.

All Future Quest activities are free and open to students with disabilities, parents, and professionals. For more information, contact the special education department in your local school division, visit <http://futurequest.gmu.edu/> or contact Co-Chairs:

Deborah Hammer, Arlington Public Schools, 703-228-2133, deborah.hammer@apsva.us, or Mary Young, Loudoun County Public Schools, 571-252-1054, mary.young@lcps.org.

Future Quest webpage <http://futurequest.gmu.edu/>

Follow **Future Quest 2013**



Read all about it on the following page:

FUTURE QUEST

COLLEGE AND CAREER FORUM

SATURDAY, NOVEMBER 16, 2013

GEORGE MASON UNIVERSITY

JOHNSON CENTER

8:30a.m. - 2:40p.m.

Resource Fair 8:00 - 2:00p.m.

FREE

YOU CAN LEARN ABOUT:

- Options After High School
- Career Planning
- Career/Technical Schools
- Employment Strategies
- College Application Process
- Supports and Resources in College

Sponsored by:



For more information and to register:

<http://futurequest.gmu.edu>

Sponsored by the Virginia Department of Education, Training & Technical Assistance Center and
The Northern Virginia Transition Coalition www.novatransition.org



From the Reading Resource Room



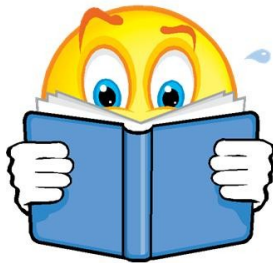
Attention all Parents and Guardians!

Do you wonder how to help your student read LONG textbook chapters?

If so...

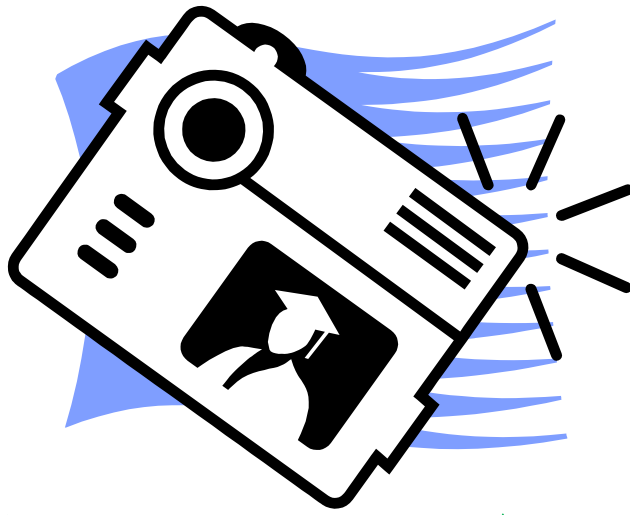
Please join us for the **“How to Read a Textbook Workshop”**

Presented on October 25th
in the
Woodgrove High School Library.



See details below:

- Who:** All parents and guardians are invited
- What:** **“How to Read a Textbook Workshop”** – During this workshop you will discover strategies to enhance reading comprehension of non-fiction texts.
- When:** October 25, 2013 at 9:30 a.m.
- Where:** Woodgrove High School Library
- Why:** To help you guide your student when reading dense textbook chapters
- How:** **RSVP:** Reserve your place. Please Email Jane.Haugh@lcps.org



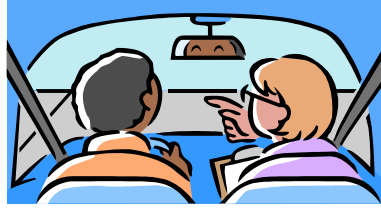
HAVE YOU HAD YOUR PICTURE TAKEN???

Here is the scoop...

- **Underclassmen** make-up pictures will be OCTOBER 31.
- **Senior** pictures will be taken OCTOBER 23 and OCTOBER 24 for those **Seniors** that have not been photographed. Basic yearbook sitting fee and ID is \$5.00. Students (**Seniors**) will receive an appointment card that will be mailed to their home specifying the date and time for their picture to be taken.
- **Seniors** must have their picture taken by Prestige/Lifetouch in order for their picture to appear in the yearbook.
- **Seniors** that have had their picture taken and would like to have their pictures re-taken, will need to make an appointment by contacting Prestige/Lifetouch at:

1-800-445-1189

Partners For Safe Teen Drivers Presentation



Parents of 10th grade students should be aware of the up-coming Partners for Safe Teen Drivers Presentation. This 90 minute presentation is a required additional component to the 10th grade classroom driver education curriculum. Please note that students cannot be issued a Driver Education Classroom Completion Card until a presentation has been attended by both the student and parent or guardian. Students will be expected to sit with their parent or guardian during the entire presentation. Please bring a pen or pencil to complete required paperwork. Also, plan to arrive early, the presentations will begin promptly at 7pm.

Presentations at Woodgrove High School are September 24 and October 1 the auditorium.

Other Parent for Safe Teen Drivers Presentations are offered at the High Schools throughout Loudoun County listed. Dates for these presentations and other information can be found on the Woodgrove High School website main page and Health and Physical Education site.

Partners for Safe Teen Driving Loudoun County Public Schools 2013-2014
All presentations will be held from 7:00-8:30 pm. See important notes below!

Briar Woods High School	November 25, 2013	January 13, 2014
Broad Run High School	September 26, 2013	October 3, 2013
John Champe High School	October 16, 2013	November 19, 2013
Dominion High School	September 19, 2013	October 22, 2013
Freedom High School	September 18, 2013	October 9, 2013
Heritage High School	September 25, 2013	December 4, 2013
Loudoun County High School	September 23, 2013	September 24, 2013
Loudoun Valley High School	September 23, 2013	October 21, 2013
Park View High School	November 6, 2013	November 12, 2013
Potomac Falls High School	October 17, 2013	November 14, 2013
Stone Bridge High School	October 1, 2013	October 8, 2013
Tuscarora High School	September 18, 2013	October 15, 2013
Woodgrove High School	September 24, 2013	October 1, 2013

Important:

- 1. Bring a pen to complete the paperwork.**
- 2. Student and parent/guardian must sit together.**
- 3. Cell phones should not be in use during the presentation (this includes parents – please lead by example!).**
- 4. Plan to arrive early – no one will be admitted inside the auditorium after the doors close at 7:05 pm.**
- 5. Students in HPE 10 will receive an “Incomplete” grade for classroom Driver Education if they do not attend one of the 26 presentations above.**



Woodgrove High School Student Council Association
36811 Alder School Road • Purcellville, Virginia 20132
540.751.2600



Office of the Vice President of Marketing

THE SCA HELPS WELCOME FRESHMEN AND NEW STUDENTS TO THE 2013-2014 SCHOOL YEAR

The Woodgrove High School year started on Tuesday, September 3, 2013. But the Thursday before school began was our annual Orientation Day, where all 1,500+ students were invited to come to school, receive their schedules, tour the building, and meet their teachers.

The Student Council Association worked with the Counseling Office to make the orientation run smoothly. Members of the SCA provided guidance to new WHS students and the members of the incoming Freshman Class of 2017, as well as created an inviting and memorable experience.

The freshmen arrived one hour prior to upperclassmen and received special attention. They were greeted with festive streamers and balloons running the length of the entrance set up by the SCA. The main entrance to the school was flanked by our cheerleaders and marching band playing popular pep music and our Fight Song. After meeting their teachers, the newest Wolverines were invited into the cafeteria for some desserts. It was an opportunity to socialize and hopefully meet some new classmates. Orientation ended with the SCA welcoming the incoming freshmen with a mini pep rally - including cheers, games, and a glimpse of the school's three-years-worth of traditions.

WELCOME 2013-2014 STUDENTS!



Angela Yost and Georgia Bloomfield apply Cool Whip to an incoming freshman as a pep rally game prepares to start.

Photo credit: Stevie McCauley, for the WHS SCA.

SENIOR CLASS NEWS!



- The class of 2014 Senior Class Dues
- Get Involved!

Please pay your senior class dues of \$84.00 through Balfour. Visit the website Balfour.com, select Woodgrove High School, click on Graduation tab and then select Cap and Gown on the left hand side of the page. These dues will cover your cap and gown, spring t-shirt, activities and food throughout the year, and graduation expenses.

Please get involved with your senior class. Meetings are held during club 3 and open lunch on Friday. Your class needs help decorating for homecoming, fundraising, designing t-shirts, planning and executing graduation, and much more!



Stop by room 307 with any questions! We look forward to an excellent year!

Sponsors,

Kelley Hines
Emily Stevens
Heidi McPhillips

Kelley.hines@lcps.org
Emily.stevens@lcps.org
Heidi.mcphillips@lcps.org

Powder Puff



game
is scheduled
for Wednesday October
16th at
6:00pm.

TICKETS ARE \$5.00
BE THERE!

NATIONAL HONOR SOCIETY

would like to announce their newly-elected officers for the 2013-2014 school year.

President: Andrew Harper

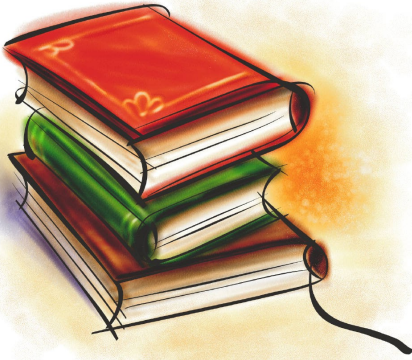
Vice President: Julia Hiser

Secretary: Marisa Kerstanski

Treasurer: Luke Stup

Historian: Stephen Scholl

The library



is looking for your help in expanding its magazine collection. If you would like to donate a magazine subscription to help support instruction, the library has a list of magazines that teachers have requested. If you adopt a magazine, a sticker recognizing your generosity will be attached to each issue and you will receive a letter acknowledging your donation for tax purposes.

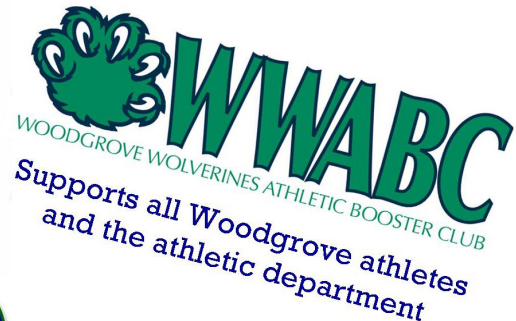
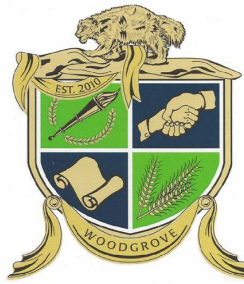
Email robert.kane@lcps.org for details. Thank you for your consideration.

What makes a school succeed?

Involvement and commitment of the students, parents, faculty and staff that make up the community, identity, and spirit of the school.

We have three organizations that support students, parents, faculty and staff:

Woodgrove High School Support Organizations



PTSO Parent Teacher Student Organization

Supports ALL students, families, faculty, and staff.

How do I decide which are right for my students and family?

Are your students:

<i>Musically or Fine Arts/Theater inclined?</i>	⇒ Become a member of WM&AA , and check out the WM&AA's website !
<i>Athletically inclined or enjoy watching high school sports?</i>	⇒ Get a Season Pass and membership to the WWABC. Check out the WWABC website for more information!
<i>Interested in supporting Woodgrove HS overall, and keeping up to date with all the school news (including important School Counseling updates)?</i>	⇒ Become a member of the PTSO , check out the PTSO website AND ⇒ Sign up to get The Woodgrove Weekly e-newsletter !

Should I only be a member of one organization?

NO! If you're interested in supporting the Woodgrove High School community overall — ***Consider joining all three!***

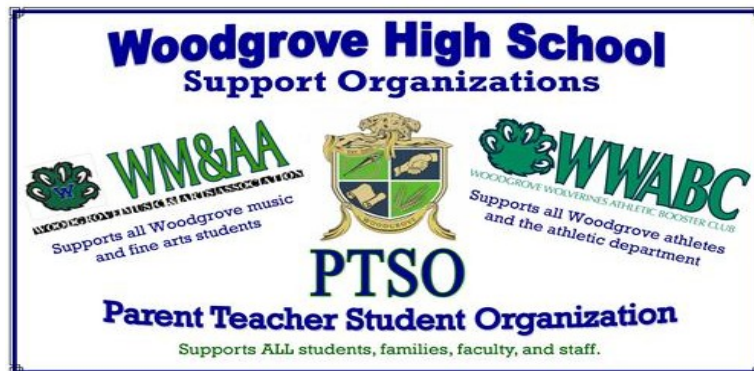
You're Invited!

Join your neighbors along with
the staff & students of



Become a member of the 2013-2014
Woodgrove PTSO

Help SUPPORT the success of your school.



<https://events.r20.constantcontact.com/register/eventReg?llr=lm67ludab&oeidk=a07e7vazs7g74fd9a49>

Click on the link to become a member TODAY



From the PTSO President:

FALL IS IN THE AIR! It was super to see all the dedicated Woodgrove parents at Back to School night in spite of the fact that it was also the night of the season opener for the Washington Redskins and RGIII's return as quarterback. Unfortunately, their night was not nearly as successful as ours!

If you did not get a chance to stop by the PTSO table, we encourage you to still join the PTSO by returning the membership form and a check with your student to their homeroom teacher or in to the front office. Membership is just \$25 for families, \$10 for individuals or \$5 for students and staff. Every dollar of membership dues and income from fundraisers is returned to Woodgrove High School in some way, shape or form. Or if it is easier for you, please follow this link to join online:

<https://events.r20.constantcontact.com/register/eventReg?llr=lm67ludab&oeidk=a07e7vazs7g74fd9a49>

Last year the PTSO provided volunteers for over 25 school functions. We also funded curriculum support and supply requests and initiatives from teachers and staff, awarded two scholarships to graduating seniors and sponsored several large events from staff appreciation and senior breakfasts to the Graduation Night Party for the class of 2013 which provided both a safe and sane way for our graduates to celebrate as well as one last memorable night as Wolverines. Senior parents got a chance to see some of the photos from last year's event at Back to School Night. This year we hope to make it even bigger and better but to do so, we need your help!

One totally [PAINFREE](#) way of contributing to your school is by signing up your grocery store or Target cards for their school reward programs. These cards must be reregistered every year so please take a moment to follow the links below now and thank you for your continued support.

HARRIS TEETER

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

TARGET

<https://www-secure.target.com/redcard/tcoe/home>

FOOD LION

https://www.foodlionmvpwards.com/mvp_registration/cardno.php

GIANT

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

Sincerely,



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

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

HELP BUILD ON OUR SUCCESS...

JOIN THE WOODGROVE HIGH SCHOOL

2013/2014 PTSO



Woodgrove PTSO: How we contribute to our school and community.

- Award academic scholarships to graduating seniors
- Established Grad NIGHT as popular event and work to sustain a yearly safe celebration alternative
- Fund teacher requests for curriculum and support materials
- Offer staunch support & sponsorship of various senior events
- Continuous contributors to 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:

- Work towards fulfilling the needs of our WHS learning community by supporting projects not funded by the school budget.
- Recognize and celebrate our school's successes
- Publish the Woodgrove Weekley newsletter to keep you informed all WHS happenings
- 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 CODE: _____

PHONE NBR: _____ MEMBERSHIP AMT ENCLOSED: _____

EMAIL: _____ ADDTL donations are WELCOME and are
TAX FREE

Please return to the PTSO box in the main office.

JOIN ONLINE
TODAY!!

[http://www.lcps.org/
Page/69200](http://www.lcps.org/Page/69200)



Take an SAT/ACT Combo Practice Test at Woodgrove High School

Deciding between the SAT or ACT? Take Kaplan's combo test to choose which one is right for you!

Saturday, November 16 - 8:00am-12:00pm

Cost \$15, \$10 for additional family members • DEADLINE: Monday, November 11th

**You can also register on-line at <http://www.lcps.org/Page/88704>

Please bring 2 sharpened #2 pencils and a calculator!

Please return for a complimentary, individual, 30 min. consultation with a Kaplan test expert to review results and test-taking strategies.

The evening of Tuesday, December 3rd (sign-up to follow)

Sponsored by:

Woodgrove High School PTSO

1-800-KAP-TEST | kaptest.com



PPC001000 * SAT is a registered trademark of the College Entrance Examination Board which was not involved in the production of, and does not endorse, this product. ACT is a registered trademark of ACT, Inc.

[REGISTER ONLINE HERE](#)



STAY IN THE LOOP... SUBSCRIBE TO THE WOODGROVE WEEKLY!!



My name is Renee Quinn and I am the new Editor of the Woodgrove Weekly Newsletter. The Woodgrove Weekly newsletter is a premier weekly email newsletter produced by your PTSO that 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 is 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.

You can sign up in a flash by putting this address into your web browser:

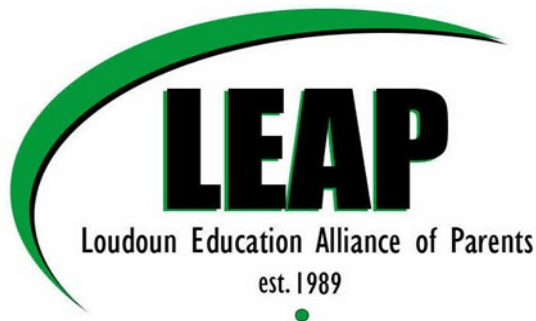
<http://tinyurl.com/getwoodgroveweekly>

You will NOT need to sign up again even if you received the Woodgrove Weekly last year. You'll be sent an email and asked to update your profile and have the opportunity to sign up for the 2013-14 parent, student or faculty list—just choose whichever is appropriate.

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

WoodgroveWeekly@gmail.com

Remember to add this to your address book or trusted contacts so it does not end up in your spam or junk folder!



***Parents and members of the community are always welcome
to attend LEAP meetings.***

2013 - 2014 Topics

September 11, 2013

School Security & Bullying

October 9, 2013

LCPS Board Member Update and Q&A Forum

November 13, 2013

Tools for Success (CLARITY, Vision, Homework Strategies)

December 11, 2013

Science, Technology, Engineering, and Math: STEM I (One-to-one computing, Monroe Technology Center)

January 15, 2014

Loudoun County Public Schools - The proposed 2014-2015 LCPS Budget

February 12, 2014

Cyber Safety

March 12, 2014

Science, Technology, Engineering, and Math: STEM II (Enrichment opportunities)

April 9, 2014

Parents' Choice (A program parents plan)

May 14, 2014

Meet the new LCPS Superintendent/Town Hall Meeting

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. LEAP holds monthly meetings 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.

The Minority Student Achievement Advisory Committee (MSAAC) is dedicated to work in partnership with the Loudoun County Public Schools (LCPS), 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.

MSAAC supports School Board and staff initiatives, and parent efforts to ensure that our school community becomes culturally competent, providing the corner stone to ensure fair and equitable instruction to all LCPS students.

We encourage the development of school cultures where every minority student is afforded the opportunity to achieve his or her full potential, feels welcome and is recognized as an integral member of the student body. All meetings are held at the Loudoun County Public School Administration Building in the School Board Meeting Room.

For questions, please contact the Outreach office directly at (571) 252-1460.

Day and Date	Location	Time
Wednesday, September 18, 2013	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, October 16, 2013	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, November 20, 2013	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, January 15, 2014	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, February 19, 2014	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, March 19, 2014	LCPS Administration Building: School Board Mtg. Room	7:00pm
Wednesday, April 23, 2014	LCPS Administration Building: School Board Mtg. Room	7:00pm

Please visit **MSAAC's** website at:

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

for more information.

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



!!NOTICIA IMPORTANTE!!

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

Estimados Padres/Guardianes Legales:

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

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

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

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

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

WEBSITE: www.studentinsurance-kk.com or call 1-855-742-3135

Loudoun County Public Schools

Business & Financial Services

Risk Management Office

21000 Education Court, Suite 322

Ashburn, VA 20148

(571) 252-1280** (571) 252-1439 fax

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



IMPORTANT INSURANCE NOTICE—READ CAREFULLY

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

Dear Parents and Students:

LCPS receives reports daily of students who are accidentally injured while participating in school activities, including some serious injuries that require costly medical attention. The Risk Management Office routinely receives calls from parents whose children are accidentally injured while participating in school activities and they either have no insurance coverage or have bills over-and-above what their insurance will pay.

Unfortunately, LCPS **does not** provide medical or accident insurance for students injured while participating in school activities. Please note the following information regarding the opportunity to voluntarily decide to purchase student accident insurance through **K&K Insurance**.

The insurance provided by **K&K Insurance** offers optional plans of coverage **provided on an "excess basis"** for accidental injuries that may occur during school activities or even around the clock, depending on the benefit option you choose.

If you already have insurance coverage through another policy, the **K&K Student Accident Plans** pay benefits for those eligible expenses not paid by your primary insurance. If there is no other insurance available to you, the plans will provide coverage on a primary basis. Investing a minimal amount of money now in one of these plans may save you much more later if there is a serious accidental injury that requires medical attention.

Your voluntary enrollment in one of these plans should be carefully considered. For further details and to enroll in the **K&K Student Accident Insurance** coverage please go online to this link: www.studentinsurance-kk.com or call 1-855-742-3135. Please call the LCPS Risk Management Office if you have any questions or concerns at (571) 252-1280.

5/2/13



Harris Teeter

School code: 1613

[Harris Teeter](#)



Target Reward Program

School ID 152094

Target's Take Charge of Education Program

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

Here's how it works: visit <https://www-secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094.

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

Any questions please email woodgroveptsofundraising@gmail.com.

Thanks for your support!

Giant, Food Lion, Harris Teeter & Target Reward Programs

Help Woodgrove earn money to supplement the school's educational needs. The school is now registered with Giant's A+ School Rewards Program, and Food Lion's Classroom Rewards Program. You can sign up online any time. (We are in the application process for Harris Teeter's Together in Education Program.)

The earlier you register, the sooner Woodgrove can start earning credit toward purchasing needed equipment and supplies to benefit our students and teachers. Please follow the directions listed below to sign up for either one of both of the programs online. Please be sure to enter the school code when you sign up.



Giant

School ID 09152

Feel like you have already done this? Giant cards must be re-enrolled each year!

[Giant](#)



Food Lion

School ID 219558

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

[Food Lion](#)

2013-2014 BUS ROUTE SCHEDULE

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:





LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
CLICKING HERE