



WOODGROVE HIGH SCHOOL

March 2014

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

Principal's Message

Dear Woodgrove families,

After a fantastic February which witnessed a number of successes for the students and staff at Woodgrove, we move into March with a number of activities planned. Spring is always a very busy time – I encourage you to view the school's calendar on our website for upcoming events and opportunities.

I do want to ask for your support on Friday, March 7, as our parents' organizations, the PTSO, Woodgrove Wolverine Athletic Booster Club (WWABC) and Woodgrove Music & Arts Association (WM&AA), are joining together for a fundraiser for our Graduation Night party for our seniors. The Dinner and a Show will be for just one night, Friday, March 7th, from 6:30-9:30 p.m. The evening will include a dinner catered by Savoir Fare and live music, comedic and dramatic performances by the Woodgrove Theater Department. Tickets are only \$20 for adults and \$15 for teachers and students. Free childcare (and pizza) will be provided for ages 4-12 by the WHS Teacher Cadet program. You may order online at: <http://www.lcps.org/Page/124975> by the March 5th deadline. Again, this is a great cause and we certainly appreciate your support with making both this night successful and our graduation night safe and exciting for our seniors.

We have many new drivers and with regards to safety, for those parents or guardians who have a son or daughter driving to school, please continue to review with them the importance of safe driving. The beginning and end of the day are very busy times in our parking lots and students, staff and parents must be diligent so that we can avoid any accidents. Your assistance with this is certainly appreciated.

March also brings with it the SOL English Multiple Choice Test and the SOL Direct Writing Test for our Juniors. The Multiple Choice test will be administered on March 17 and 18, and the Direct Writing Test will be given on March 19 and 20. We have devoted many resources to ensure that all of our students are prepared to take and pass the SOL Tests. Please be sure your child gets sufficient rest, eats breakfast and is on time to school during these testing sessions.

The Board of Supervisors' budgetary process is well underway for Loudoun County. There is a joint public hearing meeting on the budget with the School Board and Board of Supervisors on Saturday, March 1 from 9 AM – 12 PM at the Loudoun County Public Schools Administrative Building in Ashburn. The meeting will be held in the School Board meeting room.

Once again, many thanks for your ongoing support and encouragement.
Sincerely,

William S. Shipp
Principal

Brought to you by Woodgrove High School

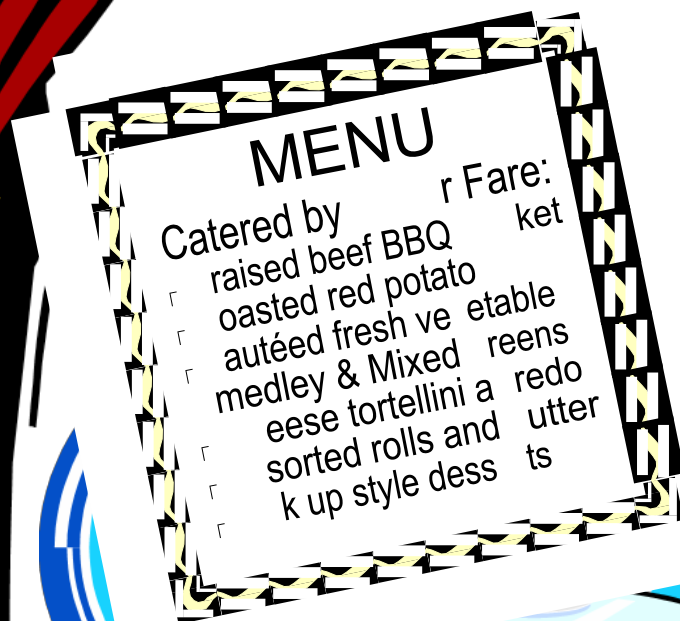


**and the
WHS Theater Department**

**in support of
GRAD NIGHT PARTY 2014**

One Night only — Friday, March 7th

“DINNER AND A SHOW!”



Time: 6:30-9:30pm

Tickets: \$20 for adults, \$15 for teachers and students

Advance purchase only

(Reservation deadline March 5th)

Online ordering---<http://www.lcps.org/Page/124975>

Child Care (ages 4-12)

provided by Teacher Cadets (pizza to be provided)

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

The 2014 Scholarship and Financial Aid Handbook is officially complete. You can find an electronic copy on the Career Center website [here](#). The booklets are currently being printed and will be available for distribution in the coming weeks.

Upcoming Events

Career GPS (Getting Prepared for Success) Expo

Wednesday, March 26th at 6:30-8:30 PM at Dominion High School in Sterling. Determine how to prepare for careers. Learn if a career requires a two or four year degree, an apprenticeship, a certificate or technical institute. Students should take the Cluster Finder Activity survey found in Naviance/Family Connection in the "About Me" tab. A limited number of colleges will be attending. There will be a Spanish Interpreter available.

Monroe Technology Center Applications

The 2014-2015 Application for Admission to Monroe Technology Center (MTC) can now be found in the Career Center or download a hard copy [here](#). Completed applications are due by March 28, 2014 to Stacie Ahrens-Mininberg at MTC. If you have any questions please reach out to your Counselor or stop by the Career Center.

Counselor Coffees & Cafes

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



Counselor Coffee (3/4/14 7:45-8:45am) –

We will be hosting an open lab session for any underclassmen and their parents. We will be available to help with Naviance/Family Connections and college searches.

Counselor Café (Mondays 4:00-7:00p) – The School Counseling Office will be open until 7:00pm on Monday nights (except on holidays and snow days). 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.

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

Career Center Visits & Info

Visits this year will take place mainly during 6th Block Flex. **Students must sign up for visits through Naviance.** Those who are not on the list will not be permitted to attend. Attendees will receive a pass prior to the visit or can print their registration from Naviance to serve as a pass. Please visit Mrs. Sutphin in the Career Center with any questions.



3/11 at 10:45am	Northern Virginia Community College
3/18 at 10:30am	University of South Carolina

Virginia Governor's School

In mid-April, students will receive letters concerning their status: *invited* or *alternate/wait list*.

For more information about the program click [here](#).



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

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

Visit the [LCPS School Counseling](#) webpage for up-to-date county wide scholarship postings. For more resources visit the WHS Career Center [Scholarship Information](#).

WOODGROVE HIGH SCHOOL

School Counseling News



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.

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

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

Monthly Military Visit Schedule

 U.S. ARMY	 U.S. NAVY	 U.S. AIR FORCE	 Marines	 NATIONAL GUARD
2nd Thursday 10:30 AM	1st Thursday 10:45 AM	4th Tuesday 10:45 AM	2nd Tuesday 10:45 AM	2nd Friday 12:00 PM

2013-2014 SAT/ACT Test Dates



Test Date	Registration Deadline	Late Registration
March 8	2/7	2/21
May 3	4/4	4/18
June 7	5/9	5/23



Test Date	Registration Deadline	Late Registration
April 12	3/7	3/21
June 14	5/9	5/23

Summer Programs

NIAHD Pre-Collegiate Summer Program in Early American History

A program for rising high school juniors and seniors, as well as graduating seniors. Students earn four hours of college credit for an exciting, in-depth summer study in this outstanding academic program. This summer there

will be two three-week sessions: June 22-July 12, 2014 and July 13-August 2, 2014. The program will begin accepting students in February. Students are encouraged to apply as soon as possible as space in the program is limited. All final admission decisions will be made by June 5. Interested students can download an application and additional forms at www.wm.edu/niahd.

United States Naval Academy Summer 2014 STEM Program

Engineering is all about creating, building, and making things better! So what does it take to be an engineer? If you like math and science, you are off to a great start. If you enjoy discovering new things, solving problems, and learning how things work - even better! Creativity, persistence, and the desire to make the world a better place are also important qualities. Becoming an engineer requires hard work and a good education. This summer program will be a great start to your career in science and engineering. Open to rising 9th-11th grade students. Applications are now open. They will close at 11:59 p.m. on April 15, 2014! Apply online at <http://www.usna.edu/Admissions/STEM/>.



Summer at Georgetown

Be a Summer Hoya — to live on campus, attend classes side-by-side with undergraduate students and learn from distinguished faculty and prominent Washington area guest speakers. This year, you can lay the foundation for your future by joining our tradition of academic excellence and cultural diversity at Georgetown in Washington, D.C. The application is now open - priority application deadline is April 15, 2014. For more information stop by the Career Center or visit <http://scs.georgetown.edu/departments/21/summer-programs-for-high-school-students>

UVA Leadership on the Lawn

This is an exciting summer opportunity for rising juniors and seniors. Leadership on the Lawn is a week-long summer program designed to strengthen and develop the skills of students who have displayed leadership interest and potential in high school. The program will take place from July 6-11 and there is a fee associated. Applications are due May 1, 2014, but they will be accepting and reviewing applications well in advance. For more information or to download an application visit <http://www.virginia.edu/vpsa/leadershiponthelawn/>

WOODGROVE HIGH SCHOOL

School Counseling News

Leadership & Volunteer Opportunities

Rust Sanctuary Volunteers Needed

The Rust Sanctuary in Leesburg, VA is in need of high school volunteers to do the following tasks:

- data entry
- assist with special events - nature birthday parties, school's out days, weekend scout activities, etc.
- Nature Camp volunteers
- organize educational materials
- lesson prep tasks

Please contact Susanne Ortmann at 703-669-0000 or Susanne.Ortmann@anshome.org if interested.

Want to Give Back?

Piedmont Community Foundation's Forward Turn is a group of student grantmakers who fund youth-led charitable projects that take a "forward turn" to benefit communities in Fauquier and Loudoun Counties.

Forward Turn is funded by the S. Murray and Mary H.C. Rust Student Philanthropy Project of the Piedmont Community Foundation. For more information and to learn how to apply visit www.forwardturn.org.

Interested in Being a Mentor?

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



2013-2014 Counselor Assignments

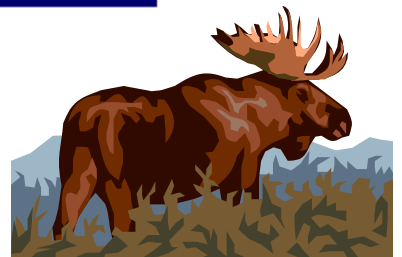
	<u>Underclassmen</u>	<u>Seniors</u>
Ms. Astrid Willemsma	A-Day	A-C
Mr. Steven Cohen	Dean-Harr	D-Hart
Mrs. Donna Kelly	Has-McVey	Has-Mc
Mrs. Barbara Bell	Me-Sav	Me-Scott
Mrs. Katharine Warehime	Sc-Z	Se-Z
Mrs. Geri Fiore	Director of School Counseling	
Ms. Teresa Holland	Administrative Guidance Secretary	
Mrs. Rachel Sutphin	Career Center Assistant	

Woodgrove Scholarship Night



Come out to enjoy a meal at Coach's Corner
on **Monday, March 3rd** between 5-9 p.m..

10% of the total sales
will be donated to the
Mountain View
Scholarship Fund! This
scholarship will be
given to a Woodgrove
senior who previously
attended Mountain
View.



Coach's Corner is located at 100
Purcellville Gateway Dr, Purcellville,
Virginia 20132

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Home of the Wolverines

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

SOL News:

All students enrolled in English 11 or 11th graders enrolled in AP Lang will take the online SOL Writing test in March. The SOL Writing test has two components; multiple choice and essay.


English 11 students will be administered the Multiple-Choice component of the SOL Writing test during their English 11 or AP Lang class on Monday, March 17, and Tuesday, March 18, 2014.

The essay portion of the SOL Writing test will then be given during their English 11 or AP Lang class on Wednesday, March 19, 2014 and Thursday, March 20, 2014.

Attendance is highly important. Any questions please contact Justine Jarvis, School Test Coordinator.

Please note: This is an 11th grade SOL test. Seniors who are enrolled in AP Lang will not test as they already tested in English 11 last year.

May 2014 SOL/AP Testing

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5 (A) SOL WH 1 SOL BIO AP Chemistry (8AM) AP Psychology (12PM)	6 (B) SOL WH 1 SOL BIO AP Comp. Science (8AM) AP Spanish (12AM)	7 (A) SOL Reading 11 SOL Algebra 1 AP Calc AB/BC (8AM)	8 (B) SOL Reading 11 SOL Algebra 1 AP English Literature (8AM) AP Latin (12PM)	9 (A) SOL Makeups AP English Language (8AM) AP Statistics (12PM) AP Studio Art (8AM)	10
11	12 (B) SOL Geometry AP Biology (8AM) AP Physics (12PM)	13 (A) SOL Geometry AP Gov (8AM) AP Human Geography (12PM) AP French (12PM)	14 (B) SOL Geometry/Alg. 2 AP German (8AM) AP US History (8AM) European History (12PM)	15 (A) SOL Algebra 2 AP Macro Economics (8AM) AP World History (8AM) AP Micro Economics (12PM)	16 (B) SOL Algebra 2 AP Comparative Gov (8AM)	17
18	19 (A) SOL Makeups SOL USVA SOL E. Science	20 (B) SOL USVA SOL E.Science	21 (A) SOL WH 2 SOL Chemistry	22 (B) SOL WH 2 SOL Chemistry	23 (A) Makeups	24
25	26  HOLIDAY NO SCHOOL	27 Expedited Retakes Reading	28 Expedited Retakes Math	29 Expedited Retakes Science	30 Expedited Retakes History	

2014

You're Invited
To Attend
WOLVERINE TIME

An after school review session

from 4-5 pm



Bus transportation provided

Mondays: Social Science – Room 212

Science – Room 505

Wednesdays: Math – Room L403

Thursdays: English – Lab 601





WOLVERINE TIME



1. Berlin Turnpike
2. Grange Dr & Millstone Dr
3. Lovettsville 7-11 Store
4. Lovettsville Rd
5. Taylorstown Rd
6. Taylorstown Rd General Store
7. Loyalty Rd
8. Waterford School
9. Clarkes Gap Rd

Bus Routes



1. Round Hill Exxon
2. New Cut Rd & Airmont Rd
3. Airmont Store
4. Airmont Rd to Ebenezer Church Rd
5. T/A at Ebenezer Church Rd
6. Snickersville Turnpike
7. Bluemont Store



1. Charles Town Pike
2. Hillsboro Elementary School
3. Hill Tom Market in Hillsboro
4. Charles Tow Pike
5. Turn Around at BookCliff Ct & Creamer Ln
6. Harpers Fer Rd
7. Butts Store

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.



Woodgrove 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.

Dress and Grooming

Students are expected to dress appropriately.

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

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

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

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

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

Chains and studded jewelry are not permitted as accessories.



Woodgrove High School



School-wide Positive Behavioral Interventions and Supports 2013-2014

PBIS – HAVE YOU HEARD??

The 2013-2014 school year at Woodgrove High School marks our third year of Positive Behavioral Interventions and Supports (PBIS). PBIS is an approach for teaching students appropriate behavior and providing the supports necessary to sustain that behavior. The goal of PBIS is to reduce challenging student behavior through a proactive, positive, and consistent manner across all school settings *while also* improving academic achievement and social competence. PBIS is a nationwide program currently being implemented in 52 schools within Loudoun County.

PBIS provides a framework, but it is up to the schools to determine the focus and expectations. The three school-wide expectations for WHS are the following: **Work** with Integrity, **Honor** Others, and **Strive** for Success. These expectations have been broken down into specific behaviors. Posters displaying the expectations and specific behaviors are visible throughout the school.

When students are seen demonstrating the school expectations, they can earn Champion Tickets. The Champion Ticket drawings occur weekly and students whose tickets are drawn earn various recognitions. Some recognitions come in the form of donations, but in order to effectively continue this system of acknowledgement, *we need more*. If you are interested in

donating something that could be used as a recognition for

acknowledging students or faculty members who have exceeded expectations and help to create a positive environment, please contact Renée Dawson, WHS Assistant Principal. Donations could be in the form of tickets to sporting events, gift cards, etc.

WOODGROVE THEATRE ARTS...

WE'RE BUILDING OUR THEATRICAL LEGACY - TODAY



UPDATE! We've almost reached our 15 early-bird chair goal!

Make your donation and buy a piece of Woodgrove history.

Want to be the first to join Woodgrove's Theatre program's FIRSTS.

- Last year's highest attendance at a Theatrical performance. (Music Man)
- First Conference Championship (Conference 21 Champions 2013)
- First Theatrical show to compete at the regional level. (The Ugly Duckling)
- Awaiting confirmation that we are the First Loudoun Co. School to perform a mainstage show at the Virginia Thespian Society Conference.

What is the Project?

- Completing the Black Box Theatre by adding Theatre seating.

How can I help?

- Purchase one chair for the Black Box Theatre at a cost of \$150 for the first 15 chairs and \$200 per chair thereafter.

How will this benefit me?

- Each donor, whether business or individual will receive recognition by way of a brass plaque, engraved with name/business name, attached to a chair in the Black Box Theatre.

How will this benefit Woodgrove?

- Students will have an additional performance venue that will be an intimate space in comparison to the size of the auditorium.

Contact: David Noland at david.noland@lcps.org

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Home of the Wolverines

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

Woodgrove's Finest

Woodgrove's Finest is located in Room 401. We have everything you are looking for, so come on in!

Feeling Cold? We've got you covered.

Feeling Hot? We can cool you down.

Feeling Hungry? We will satisfy your hunger.

Feeling Thirsty? We'll quench your thirst.

We offer a variety of products, ranging from sweatshirts and sweaters to food and drinks. Our sales staff is available to help you find the product that you need and want.

Surprise your student with a little bit of our Merchandise for any Occasion!

Follow our Twitter Page
@WoodgroveStore

We have several new products that have been delivered in the last few days. We have Stainless Steel Travel Coffee Mugs, Stainless Steel Water Bottles, Flash Drives, and Portable Stadium Seats. Get yours before they are gone.

Coming Soon!!!!

We will be placing all of our items online for an Online Webstore. There, you will be able to pay using most major Credit Cards. Once your order is placed, you or your student may pick your order at school within 2-3 days.

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.



WOLVERINE SPORTS MEDICINE

Volume 4, Issue 7

March, 2014

Sports Injuries

Sports Specialization and hours spent in Organized Sports may predict young athlete injury

According to the American Academy of Pediatrics (AAP), athletes ages 8 to 18 who spend twice as many hours per week in organized sports than in free play, and especially in a single sport, are more likely to be injured. The study found athletes who played more than 8 hours per week were more likely to be injured. In addition, athletes who spend more than twice as much time in organized sports than in free play, whatever their age or sport, are more likely to be injured and have serious overuse injuries.

The study involved more than 1,200 child and adolescent athletes and data was collected from each participant at 6 month intervals for up to three years between 2010-2012. There were 837 injured participants and 360 uninjured participants. Injured athletes on average were older than uninjured athletes (14 vs. 12.9 yrs), reported a higher average number of hours per week playing organized sports (11.3 vs. 9.4 hrs), and higher average hours per week in total sports activity including gym, free play and organized sports activities (19.7 vs. 17.6 hrs.).

Injured athletes also had significantly higher sports specialization scores than uninjured athletes (3.3 vs. 2.7), even after adjusting for hours per week in total sports activity and age. Researchers found that kids on average play organized sports nearly twice as much as free play and those kids who exceeded that two-to-one ratio are more likely to be injured.

The next goal for those researchers are to determine whether educating parents and kids about this ratio of time spent in sports versus free play and providing them with more specific guidelines, will reduce overuse injuries in youth sports.

Fitness

The CrossFit Craze

CrossFit is a high intensity exercise program that has gained much attention in the exercise community. CrossFit is very popular and daily workouts are posted at www.Crossfit.com with sets, repetitions and duration. This program has received much attention and has been featured in many magazines and on ESPN. You can even find CrossFit workouts on You Tube.

CrossFit is based on circuit training and involves constantly varied, high intensity, functional movements. Functional movements are universal motor patterns performed from core to extremity. They are natural, effective, compound movements that incorporate many joints. Exercise programs are simple and usually last 30-40 minutes.

CrossFit folks promote "full-disclosure" of their system and how to do their exercises. They've posted a large database of videos, commentary and instruction material on their website. Their program is designed for non-specific activity. Overall, the CrossFit athlete should be able to do everything well and is not specific to one mode of training. It allows you to compete with other athletes online or in CrossFit gyms. You can identify where you stand in comparison to others.

Although many people sing the praises of CrossFit, the overall program design has been questioned by a few health care and exercise science professionals. It has been argued this program is problematic with injuries, especially overuse injuries and low back strains. Olympic style lifting techniques are used frequently. These techniques if done improperly by unschooled athletes, may lead to injury. Some health care professionals feel CrossFit sacrifices time and repetitions for technique.

With its rapid growth and wide popularity, you may want to try CrossFit for yourself and make your own assessment.

CLINIC CORNER



Hello from your School Nurse!

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

IMPROVE YOUR OUTLOOK!

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

PHYSICAL ACTIVITY CAN ALSO:

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

MOVE YOUR BODY!

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

Continued...

TO PERK UP:

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

TO DO A QUICK WORKOUT:

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

TO HAVE FUN:

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

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

WHATS THE BEST TYPE OF PHYSICAL ACTIVITY FOR YOU?

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

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

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

Continued...

MAKE STAYING PHYSICALLY ACTIVE A LIFELONG HABIT!

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

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

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

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

Have a happy, healthy and fun new year!

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

SENIOR CLASS NEWS!



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

Please pay your senior class dues of \$84.00 through Balfour. Visit Balfour.com

- Type Woodgrove High School in the school selection
- Select the icon for graduation
- Click on individual products in blue in the upper left hand corner
- Under SHOP BY in the left hand column, choose CAP AND GOWN

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!

2014
The Class Of

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

Dear Western Loudoun Businesses, Organizations, Partners and Parents:

Woodgrove High School celebrated the graduation of the Class of 2013 with our first ever Graduation Night Celebration held on site at the school itself. Very soon it will be the Class of 2014's turn!

This year we hope to reach an even greater number of students. We are working together with Ultimate Amusement to provide a variety of entertainment options for the Class of 2014's last memorable night as "Wolverines." There will truly be something that will appeal to everyone! We will also be welcoming on stage the incredibly talented, student-driven band, The Immortals!

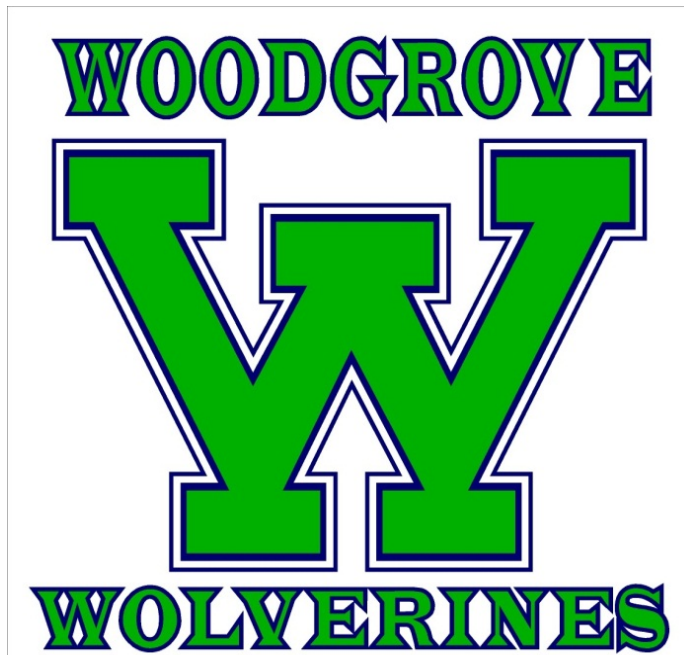
We need your help to make this evening a success. The end of the school year promises freedom, independence, and the onset of adulthood to our children. As most of you are aware, spring also marks statistically a season of the highest teen auto fatalities and alcohol-related car crashes. Our Western Loudoun community is so tightly knit that one solitary loss affects us all. The children that pass through these doors were, are or will soon be your children as well.

We are asking for your monetary help in our fundraising efforts. Contributions in the form of services or gift certificates to give to our seniors as prizes are also welcomed. Please give in whatever way you can for this important cause. All contributions are tax deductible. Please make your check payable to the "Woodgrove High School PTSO" and notate in the memo that funds should be earmarked for GNP. Our tax ID number is 27-2800768.

Thank you so much for your support.

Sincerely,

Susanne Kahler,
Woodgrove High School PTSO President
WoodgrovePTSOPresident@gmail.com
[\(540\) 751-9025](tel:5407519025)



What makes a school succeed?

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

We have three organizations that support students, parents, 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

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 Weekly 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.



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:

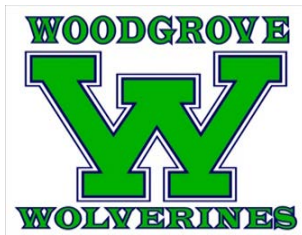
<http://tinyurl.com/getwoodgroveweekly>

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!



From the PTSO President:

Dear parents, students, staff and friends of Woodgrove High School:

As we enter the new semester, not only are we faced with weather-related challenges and obstacles but we are also faced with the reality of LCPS budget funding decisions and possible shortfalls in the millions of dollars for the FY14/15 school year. Tough choices lie ahead. Acting as an advocate of our schools and with the belief that a high achieving school system with a superior level of instruction, appropriate facilities, access to technology and on par staff remuneration is a beacon that draws people to a place, not drives them away, the Woodgrove PTSO has drafted the following resolution and are proud to have earned the support of the Woodgrove Wolverines Athletic Booster Club as well:

Woodgrove High School: Our motto: "**Work, Honor, Strive.**"

Woodgrove Wolverines stand in support of a fully funded Fiscal Year 2014/15 budget as proposed by Dr. Hatrick and thereby submit this resolution accordingly.

*Whereas LCPS student population has increased from 57,009 in 2008-09 to a projected 72,233 in 2014-15, and *Whereas LCPS has proven itself a model of efficiency by reducing the cost per pupil from \$12,780 in 2008-09 to \$12,735 in 2014-15; with a corresponding low 6.9% non-school based employee positions, the lowest of surrounding counties, and *Whereas we feel that the quality of a school system is reflected in a desirably competitive real estate market and accordingly increasing property values, We urge YOU, the Loudoun County School Board and Board of Supervisors to go above and beyond the State of Virginia's minimum qualifying standards and fully fund the FY14/15 school budget as set forth by Dr. Hatrick.

We challenge you to **WORK** together to find a satisfactory level of funding which proves that you can, and will **HONOR** your commitment to quality education and **STRIVE** to balance the needs of our students, teachers, and staff.



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

The Woodgrove Wolverines Athletic Booster Club
Joe Koester, President

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

Dear Western Loudoun Businesses, Organizations, Partners and Parents:

Woodgrove High School celebrated the graduation of the Class of 2013 with our first ever Graduation Night Celebration held on site at the school itself. It was a resounding success, with over 125 students attending the festivities. This year, the Class of 2014 anxiously awaits their own celebration.

As word of our success travels and grows, so does our need for your continued assistance. This year we hope to reach an even greater number of students. The end of the school year promises freedom, independence, and the onset of adulthood to our children. It is also statistically a season of the highest teen auto fatalities and alcohol-related car crashes. Our Western Loudoun community is so tightly knit that one solitary loss affects us all. With the goal of keeping our seniors safe at the forefront of our minds and the students cherishing fond memories of their final evening as Wolverines the first goal in our hearts, the Woodgrove PTSO is in the process of planning this year's after-grad night celebration and we need your help.

We truly appreciate the generosity you showed last year's graduating class and we ask for your help through monetary donations once again in our fundraising efforts. Contributions in the form of services or gift certificates to give to our seniors as prizes are also welcomed. Please give in whatever way you can for this important cause. All contributions are tax deductible. Please make your check payable to the "Woodgrove High School PTSO" and notate in the memo that funds should be earmarked for GNP. Our tax ID number is 27-2800768.

Thank you so much for your continued support.

Sincerely,

Susanne Kahler,
Woodgrove High School PTSO President
WoodgrovePTSOPresident@gmail.com
[\(540\) 751-9025](tel:5407519025)



From the Woodgrove PTSO:

Let YOUR voice be heard for the LCPS FY15 Budget

HERE'S HOW:

- Attend or watch via webcast: County Administrator's budget presentation on **Wednesday, February 5, 2014 at 4:00 p.m.** in the Board Room of the Loudoun County Government Center, 1 Harrison Street, S.E. in Leesburg.
- On February 6 the County Administrator's proposed fiscal plan will be available for review by the public on the county website at www.loudoun.gov/budget, or at the Loudoun County Government Center in Leesburg, and throughout the Loudoun County Public Library system.
- On **Tuesday, February 18**, the School Board will present its proposed budget, inclusive of operating and capital requests, to the Board of Supervisors. This meeting will take place at the Schools Administration Building, located at 21000 Education Court, Ashburn at **7:00 p.m.**
- Attend and/or speak at one of the Board of Supervisors Public Hearings:
 - **Wednesday, February 26**, from 3:00 to 5:00 p.m. and from 6:00 to 10:00 p.m., at the Loudoun County Government Center. Recording equipment will be set up in a conference room adjacent to the Board Room for members of the public who would like to record their comments and are not able to wait for a speaking slot.
 - **Thursday, February 27**, from 6:00 to 10:00 p.m., at the Government Center,
 - Saturday, March 1, from 9:00 a.m. to 12:00 noon at the Schools Administration Building in Ashburn.

Written comments to the Board of Supervisors can be emailed to loudounbudget@loudoun.gov or mailed to the Board of Supervisors, 1 Harrison Street, 5th Floor, Mailstop #01, Leesburg, VA 20175. The public may also leave a message on the Comment Line at 703-777-0115.

The worksessions begin Monday, March 3, 2014, and are planned for most Monday and Thursday evenings, and possibly one or two Saturday sessions, through March 24, 2014. The meeting dates are posted online at www.loudoun.gov/meetingcalendar.

The FY 2015 budget process is expected to conclude with the **formal adoption of the budget and the final tax rates on Wednesday, April 2, 2014**. Continually updated information on the FY 2015 budget will be posted at www.loudoun.gov/budget.

Woodgrove Wolverines Athletic Booster Club

Spring Mulch Sale

Double Shredded Hardwood Mulch, 3 cubic feet bags

1-39 bags \$4.50/bag

40+ bags \$4.00/bag

Saturday, March 22, 2014, 8:00AM to 4:00PM

PRE-ORDER by March 17, 2014

PICK UP Mulch at Woodgrove HS

**Order your mulch online: Go to
www.GotMulch.org**

Delivery by WHS Athletic Teams and Volunteers

FREE DELIVERY on orders of 10 bags or more
within 10 mile radius of Woodgrove HS

Monies raised will go towards WHS Athletics Program End of Year Celebration, scholarships and supporting the mission of the





LEAP Learns Online Methods to Help Students

From the digital classroom to the way to select the right college, delegates of the Loudoun Education Alliance of Parents (LEAP) learned about the online tools helping students at their November 13th meeting. Loudoun County High School English teacher Nick Grzeda showed how he used the **VISION** program to “flip” his classroom. He places his lectures online for home viewing and uses class time for discussions and writing projects. This model was adopted after some teacher reflection on Grzeda’s part. “Where is the maximum amount of learning going to take place? What’s going to maximize learning?”

Grzeda said using **VISION** means his classroom is totally transparent to both students and teachers. Lectures, assignments, class calendars, objectives and homework are all online. Grzeda also has a one-way texting program that allows him to remind students of what’s coming up in class (such as tests) the next day. “The only excuse is the dog ate my Internet.” If students don’t have Internet access, Grzeda said he loads lessons on a flash drive that can be plugged into a home computer.

Among the things Grzeda has his students doing in class are practice SAT essays. Students can get instant feedback on why their essays are (or aren’t) up to par and what weaknesses they exhibit. Practice Advanced Placement tests also are available. Grzeda now grades essays on his laptop and posts his comments in real time, so that students can get quick feedback on their work.

Loudoun County Public Schools (LCPS) School Counseling Specialist Beth Doyle and Pupil Services Coordinator Tamara Christman detailed the **Naviance** program, which tracks student progress and steers students toward careers or colleges where they will be successful. As freshman, students take an assessment using Naviance that’s similar to a Myers-Briggs assessment. This pinpoints areas of interest and possible careers.

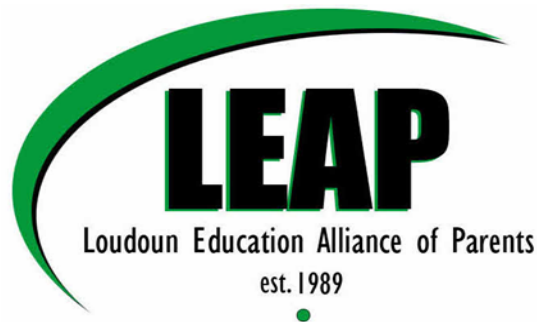
Seniors can use Naviance to get a clear picture of their chances of getting into a particular college. Naviance stores the applications of everyone in a high school who has applied to a particular college or university. After a student inputs the college of their choice into Naviance, the system places them on a “scattergram,” which shows where they stand in relation to other students from their high school who have applied to that institution and where they stand in relation to that college’s admissions standards.

Heritage Principal Jeff Adam spoke with parents about **CLARITY**, an online system that lets parents check their student’s grades, assignments, attendance and assessments. As students move into high school, Adam said it should be the student who is the primary person using **CLARITY** to check their progress and make sure they’re staying on task. He added **CLARITY** is similar to systems colleges require students to use to keep track of their course progress. Allowing a high school student to use **CLARITY** will help them develop adult skills when it comes to taking responsibility for their education.

As good as the online tools LCPS offers are, Adam cautioned that they are not a substitute for parents communicating with teachers. “As educators we are certainly in the business of people.”

For more information, please check the [Woodgrove LEAP website](#)

The next LEAP meeting will be on
Wednesday, December 11, 2013, 7:00 pm @ the LCPS Administration Building
The subjects will be STEM, one-to-one computing and Monroe Technology Center.
Members of the community are encouraged to attend LEAP meetings.



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

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!

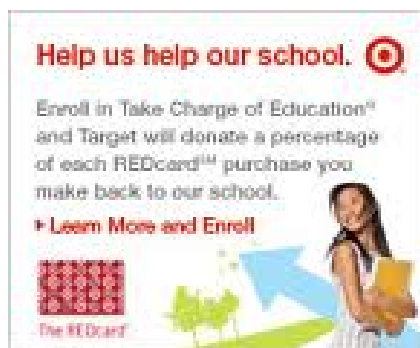
[Food Lion](#)



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 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!

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:



[CLICK HERE](#)



LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
CLICKING HERE