



WOODGROVE HIGH SCHOOL

Principal's Message

October 2015

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

What an exceptional opening to the year we have had! Many thanks to everyone who assisted us with making the 2015-2016 beginning so outstanding! We currently have 1530 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. Please note that the ParentVUE portal is now open. At this site, parents, guardians and students can stay updated on student assignments and grades. If you have any questions regarding ParentVUE, please contact the school and/or specific teacher. Also, this year ParentVUE will serve as our source for interims. If you would like a hard copy of your son's or daughter's interim, please contact our Counseling Office and they will be sure to send a copy to you.

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.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

Welcome class of 2015-2016 to another exciting school year here at Woodgrove. We look forward to assisting you in your scheduling needs and post-secondary goals. Stop by the School Counseling office and get acquainted with our staff.

2015-2016 Counselor Assignments

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

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

Upcoming Events

Job-4-A-Day

The JOB-4-A-DAY program for high school Juniors will be on **Wednesday, November 11th & 18th**. The portal to learn more about this great opportunity and find out how to submit your application will open on October 10th. Click [here](#) at that time.

Monroe Technology Shadowing Day

Shadowing brings the classroom to life! On **Monday, November 16, 2015**, 9th and 10th graders will have the opportunity to visit two programs and attend an informational session on the benefit of Monroe and the application process. This is a half-day event and transportation is provided to and from your home school. Interested students can pick up an application form from the Career Center as soon as they are available. All forms must be completed and turned into your school counselor by **November 2nd**.

Career Center Visits & Info

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

Those who are not on the list will not be permitted to



attend. Attendees must print their registration from Naviance to serve as a pass. Please visit Mrs. Sutphin in the Career Center with any questions.

10/2 at 10:45 am	Randolph College
10/2 at 11:30 am	The University of Alabama
10/6 at 10:45 am	Virginia Commonwealth University
10/6 at 11:30 am	West Virginia University
10/8 at 10:30 am	Shepherd University
10/8 at 11:15 am	James Madison University
10/9 at 12:00 pm	United States National Guard Recruiter
10/13 at 10:45 am	United States Marine Corps Recruiter
10/15 at 2:45 pm	Otterbein University
10/19 at 10:45 am	Hollins University
10/19 at 11:45 am	Christopher Newport University
10/20 at 12:00 pm	United States Army Recruiter
10/21 at TBD	Slippery Rock University
10/21 at TBD	University of Mary Washington
10/23 at 10:45 am	United States Air Force Recruiter
10/27 at 9:30 am	McGill University
10/27 at 10:45 am	Lynchburg College
10/29 at 10:45 am	Roanoke College
10/29 at 11:30 am	Longwood University

Summer Residential Virginia Governor's School VPA (Visual and Performing Arts)

October 15, 2015 – Intent to Audition forms due to Counselors

November 2, 2015 - LCPS Auditions at Heritage High School

December 9, 2015 - Applications are due to School Counselors for review

Academic Programs

December 9, 2015 - Applications are due to School Counselors for review

For more information about the program click [here](#). For application forms stop by the Career Center.



Don't wait get connected! Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process. Students' username should both be their **6-digit student ID number** and their password is their birthdate in the

WOODGROVE HIGH SCHOOL

School Counseling News

mmddyy format. Parent's login should be their **email address** that we have on record as the username and **woodgrove** (all lowercase) as the password. For more information, visit the Naviance FAQ page at <http://www.lcps.org/Page/37870> located on the WHS website or contact Rachel Sutphin at rachel.sutphin@lcps.org

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

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

- [2016 Elks Most Valuable Student Scholarship](#) – Due 12/1/15
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/16
- [TheDream.US Scholarships](#) – 2/15/16



Interested in the Military?

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

November 14, 2015 at 9:00 am – Heritage High School
TBD – Woodgrove High School
TBD – Loudoun Valley High School

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

Monthly Military Visit Schedule

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

2015-2016 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
October 3	9/3	9/22
November 7	10/9	10/27
December 5	11/5	11/23
January 23	12/28	1/12
March 5* <i>New SAT</i>	2/5	2/23
May 7 <i>New SAT</i>	4/8	4/26
June 4 <i>New SAT</i>	5/5	5/25

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



www.actstudent.org

Test Date	Registration Deadline	Late Registration
October 24 @ WHS	9/18	10/2
December 12	11/6	11/20
February 6	1/8	1/15
April 9	3/4	3/18
June 11	5/6	5/20

Looking for SAT/ACT Prep Options?

The annual **PSAT** at Woodgrove is scheduled for Wednesday, October 14th. All 9th, 10th and 11th grade students will be testing.

Free PSAT Crams online: **Kaplan Test Prep** is providing free cram sessions for the PSAT. Students who attend will learn their 10 Top Score-Raising Strategies and review tips for time management during the test. For complete dates and times and to register, go to www.kaptest.com/psatcram.

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Saturday, November 14th, **Kaplan** has partnered with our **PTSO** to provide an SAT/ACT Combo Practice Test here at Woodgrove. The deadline for registering is November 10th. Stop by the Counseling Department for more information or register online at <http://www.lcps.org/Page/88704>.

The Hunt Course is offering small group and quick review classes in the Purcellville Baptist Church located at 601 Yaxley Drive. Seating will be limited. Early registration suggested. Visit www.huntprograms.com for more information today!

Leadership, Volunteer & Job Opportunities

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

Waterford Fair Volunteers

The Waterford Fair taking place October 2nd, 3rd and 4th is quickly approaching, and they can use some volunteers for parking and distributing surveys. If you would like to volunteer to help at this event, please click [here](#) or stop by the Career Center. Respond with the days and hours you are available. Your information will be sent on to the Waterford Fair Director for further directions. They are currently operating in two shifts and will provide on-the-job training for the parking.

Interested in Being a Mentor?

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

Shocktober Volunteers Needed

The Paxton Campus in Leesburg is in need of volunteers on the weekends during the entire month of October. Areas of interest include acting, makeup, construction, concessions and parking. If you are looking for volunteer hours or just interested in helping stop by the Career Center to sign up for this fun event.

Dr. Jill McCabe for Senate Seeking Finance/Field Intern!

Dr. Jill McCabe is the Democratic Candidate running against incumbent Senator Dick Black in District 13. She is a working mom, community leader and experienced medical professional, not a career politician. Dr. Jill serves as the Medical Director of three departments at Inova Loudoun Hospital: the Pediatric Emergency Department, the Pediatric Hospitalist Services and the outpatient Concussion Program. She also recently worked with Inova on the opening of the Pediatric Urgent Care at Dulles South; previously served as Vice Chair and Chair of Pediatrics; and serves as the Vice President of the Medical Staff.

McCabe for Senate is looking for an intern to help out during the Fall until Election day with the Finance Department.

Description

- Assist in the planning and execution of fundraising events
- Spearhead donor prospecting and research initiatives and manage donor databases
- Help with low dollar and grassroots fundraising outreach
- Process campaign contributions and assist with other operations/compliance related tasks
- As Election Day approaches this individual will need to be flexible in helping the Finance Department and the Get Out the Vote efforts and help us knock on some doors!

Requirements

- Entry level internship in Virginia politics
- Ideal candidate will have a desire to learn about the inner workings of a political campaign
- Must be able to commit at least 12 hours a week to the internship (on or off- site)
- A working laptop is required
- Please attach one PDF Document with your cover letter, a résumé and professional references to in an email, with the subject "McCabe for Senate Intern" and send to the following contact:

Jamie Maniscalco

jamie@commongoodva.org

6TH ANNUAL
WOODGROVE HIGH SCHOOL
POWDER PUFF
FOOTBALL



Seniors



vs



Juniors

Thursday, October 22, 2015
6:30 - 8:30 PM
Woodgrove High School, Purcellville, VA

GENERAL ADMISSION \$5.⁰⁰

Come join the fun !!!

From the Global Ambassadors Club

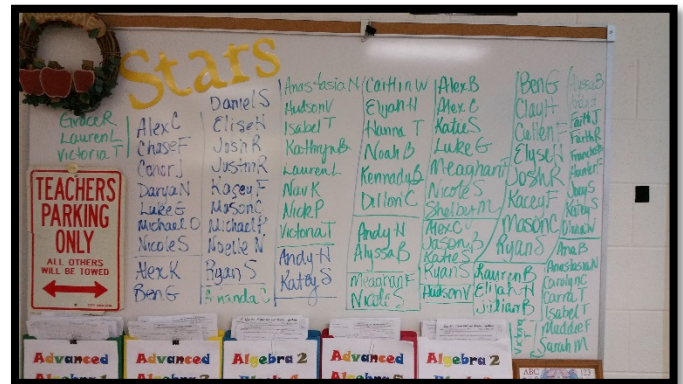


Woodgrove families,

We are so fortunate to be joining forces with six other Loudoun County high schools to host the Loudoun International Youth Leadership Summit in April of 2016. Our students will be able to form cultural friendships and hold discussions on important topics such as human rights with students from at least 15 different countries!

Woodgrove has invited students from Hungary to join us in this unique opportunity. It is imperative that we find parents who would be willing to host a student from April 2nd to April 13th, 2016.

If you would kindly consider this, it would be much appreciated. Please contact Diana Miner or Heidi McPhillips at their school email. Thank you!



Mrs. McDowell's Stars

George Mason University proudly presents ***Future Quest, a College and Career Forum for Students with Disabilities, Parents, and Professionals.*** Keynote speaker will be Justin Graves, graduate of Virginia Tech. All LCPS Transition Teachers will be in attendance in order to assist with finding locations, providing support in break-out sessions, and answering any questions you may have regarding information presented. Please consider taking advantage of this very informative opportunity.

If you have any questions regarding the day, or about any of the sessions being offered, please contact Ms. Kelley Hines, Transition Teacher at 540-751-2600 ext. 81577.

SAVE THE DATE!

FUTURE QUEST

College and Career Forum

For Students with Disabilities, Parents, and Professionals

Saturday, November 14, 2015

**George Mason University
Johnson Center**

8:00 a.m. - 3:00 p.m.

YOU CAN LEARN ABOUT:

- Options After High School
- Self-Advocacy
- College Support
- Assistive Technology
- Career Planning
- Employment
- Career/Technical Schools
- Legal Considerations



Follow us on:



Pre-registration will begin in the Fall of 2015

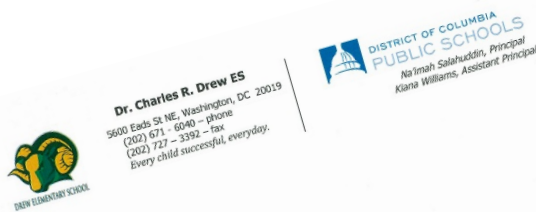
For more information | <http://futurequest.gmu.edu>

Contact us at futurequestnova@gmail.com

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

Students in Service

Last spring, students from two of our Advisory groups learned of an elementary school in Washington, D.C. that had only 300 books in their school library. After much discussion, it was decided



Dr. Charles R. Drew ES
5600 Eads St. NE, Washington, DC 20019
(202) 671-6040 - phone
(202) 727-3392 - fax
Every child successful, everyday.

August 26, 2015

Thank you for your valiant effort in collecting books for our students! The books provided to our school will be used in classroom libraries, the school library, and some will be given to students to add to their personal libraries.

As educators, I am sure that you are aware of the importance of literacy, so being able to provide these texts to our students plays a critical role in ensuring that the boys and girls at Drew Elementary School are proficient readers.

We sincerely appreciate your book donation, and please know that the books will go to good use.

Educationally Yours,

Kiana Williams
Assistant Principal of Literacy
Drew Elementary School
5600 Eads St. NE
Washington, DC 20019

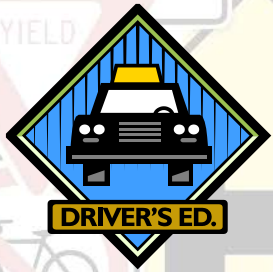
Drew ES's mission is to provide quality instruction that allows each student to reach high levels of academic achievement. We empower every child to be a successful, life-long learner, and be prepared to succeed at a college of his or her choice. We set high expectations and develop the whole-child in a safe and nurturing learning environment.

that they would design and implement a book drive to provide additional resources for that school, Drew Elementary. The students made posters, decorated collection boxes, and placed them at various locations. The end result of the effort was delivery of over 3,000 books to Drew Elementary!

We are so proud of our Woodgrove students for their desire to enrich the lives of others through their efforts.

WOODGROVE HIGH SCHOOL

Drivers Ed Available - No Waiting



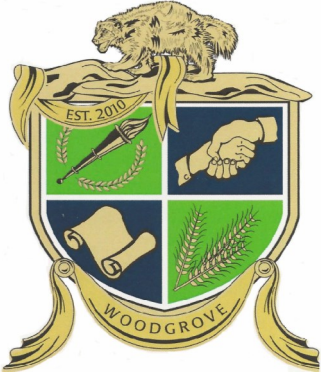
Attention Juniors and Seniors who have not taken behind-the-wheel Why take it privately and pay more? We have immediate openings in the morning and afternoon.

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

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

HELP BUILD ON OUR SUCCESS...JOIN THE

WOODGROVE HIGH SCHOOL



PTSO

Parent Teacher Student Organization

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

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

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

With your support, we will continue to:

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

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

MEMBERS NAME(S): _____

ADDRESS: _____

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

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

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

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

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





SUBSCRIBE TO THE WOODGROVE WEEKLY

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

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

<http://tinyurl.com/woodgroveweekly>

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

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

WoodgroveHighSchoolPTSO@gmail.com

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

WOODGROVE HIGH SCHOOL

Woodgrove High School
Home of the Wolverines

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

Over the summer, the Student Council and Class Councils voted on the school and Homecoming theme for 2015-2016. This year's school theme is "Virginia is for Leaders, and Woodgrove is for Achievers." The Homecoming theme is "A City of Lights" with the class themes being

Freshman: Los Angeles

Juniors: Paris

Sophomores: Tokyo

Seniors: Rome

Voting for this year's Homecoming Court was on Tuesday, September 29th, and Wednesday, September 30th.

On September 3rd, Woodgrove hosted its Back to School Night for parents. Student Council members stationed themselves all throughout the school in order to help parents with directions, answer any questions, and pass out spirit pack order forms.

Throughout the first week of school, the Class Councils sold spirit packs for each class. They included a class t-shirt as well as tickets to various Student Council and school events. In total, over 400 spirit packs were bought and they were delivered last Friday. Also last Friday, the Student Council held its first pep rally of the year, and it was a huge success. The Remind 101 competition ended on the same day, thus bringing the current standings for the spirit plate point competition to

1st Place: Sophomores with 178 points

3rd Place: Juniors with 156 points

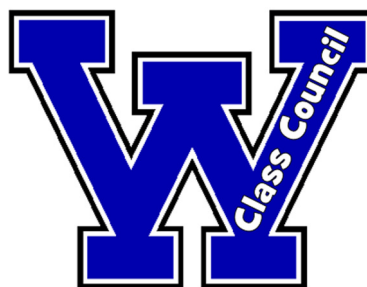
2nd Place: Seniors with 168 points

4th Place: Freshmen with 94 points.

At our September 11th General Assembly meeting, we chose the Joe Casella Foundation as our school charity for 2015-2016. The organization's mission is to provide financial assistance for medical bills for sick or injured children in northern Virginia.

On September 19th, our very own Ryan Thomas, the VSCA President, traveled down to Richmond along with other Council members for this year's first VSCA Advisory Board meeting.

In October, we will be hard at work planning Homecoming, spirit week, and the Fashion Show. The Homecoming Dance is on October 24th. Mural painting and stairwell decorating will be held on October 17th-18th. Also coming up is the Powder Puff game and Bonfire on October 22nd.



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,catherizations, 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 9, and 10th 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 years flu vaccine.

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

WOLVERINE SPORTS MEDICINE

Volume 6, Issue 2

October, 2015

Sports Injuries

Achilles Tendinopathy

The Achilles tendon is a thick band of tissue along the back of the ankle that attaches the calf muscle to the heel bone. Achilles tendinopathy refers to the condition where the stress to the tendon results with very small tears or damage to or around the tendon. "tendinitis" is what it is called when the damage is new, typically within 10 days, when the tendon is inflamed. After these first few days and the inflammation has gone away, what is left is a state of damage and the body attempting repair.

Symptoms of Achilles tendinopathy include, pain and swelling over the tendon. The symptoms are usually worse with a lot of physical activity. If there is a tear in the tendon, there can be a sudden severe pain along with weakness at the ankle.

Treatment of Achilles tendinopathy first involves controlling the pain. Ice and anti-inflammatory medications may help. Sometimes shoe inserts, ankle braces or walking boots are needed. Second, it is important to help the calf muscle and Achilles tendon become stronger and more flexible with calf stretching, ankle pump exercises and doing "eccentric exercises" like heel-drops. If pain continues, different types of injections or sometimes surgery may be recommended.

Keeping the calf and leg muscles strong and flexible can prevent Achilles problems. A gradual change of increasing activity is strongly recommended. It may take 12 weeks to see the effects of a strengthening rehabilitation program. It is important to get as close to normal with the strength of the injured leg before returning to sports. Some physicians suggest that if someone can do at least 5 heel raises on the injured leg, reaching nearly the same height of the normal leg, then a slow return to jogging can start.

Fitness

Do Compression Socks Really Work?

Over the last several years there has been increasing interest in the use of graded compression socks by athletes for training and recovery. Advertisements for these socks claim that wearing them provides more energy, greater endurance, enhanced performance and improved recovery. While exciting in theory, in reality there is little evidence behind these claims.

In modern medicine, compression stockings are used to prevent and minimize edema (swelling of the extremities) from incompetent veins, which occur in some medical conditions (e.g. diabetes, heart failure, kidney failure). They are also used to prevent blood from stagnating in the veins and forming blood clots when the muscles are not actively contracting to push blood flow back to the heart (e.g. prolonged bed rest and after surgery).

As applied to athletic performance, theories postulate that wearing graded compression socks will help speed blood to the muscles and improve venous return to the heart, thereby improving performance. Other purported benefits include: reducing pain from shin splints, removing lactic acid from the muscles, increasing blood flow to the Achilles tendon and warming and soothing pulled muscles.

However, there is very little actual research data addressing the usefulness of compression socks when worn during and after athletic events. The studies that do exist are generally poor in quality and have small numbers of participants. In general, the conclusions of these studies are mixed or conflict one another. Overall, there does not appear to be any consistent physiological benefit to wearing compression socks during, or after exercise. There is no proven evidence they will improve athletic performance or improve recovery time.

There are some benefits though for wearing compression socks! There is overwhelming, good-quality data suggesting that the use of compression socks during long plane flights or car rides can significantly reduce venous pooling in the legs, and as a result, significantly reduces the risk of getting a blood clot.

Giant, Harris Teeter & Target Reward Programs

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

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



Giant
School ID 09152

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

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



Harris Teeter
School code: 1613

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

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



Target Reward Program
School ID 152094

Target's Take Charge of Education Program

Here's how it works: visit <https://www.secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094. Use your REDcard (Target Visa Credit Card, Target Credit Card, or Target Check Card) whenever you shop and Target will donate up to 1% of your purchases back to Woodgrove. Don't have a REDcard? It's easy to apply. Get started in person at any Target store or go to [Target.com/redcard](https://www.target.com/redcard). Relatives, friends & neighbors are all welcome to participate in this program. The more people involved the more money raise for our school. Check our school's progress anytime at [Target.com/tcoe](https://www.target.com/tcoe).

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

Loudoun County Public Schools

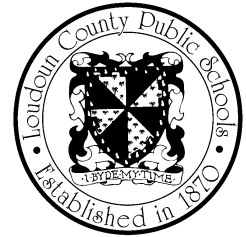
Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

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



ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF

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

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

Examples of personal property include:

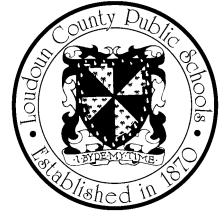
iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.

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

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

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

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



ATENCIÓN: PADRES Y ESTUDIANTES

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

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

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

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

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

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

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

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

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



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



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

Woodgrove High School

2015 – 2016 Bell Schedules

REGULAR A/B DAY SCHEDULE - 4 Lunch Shifts

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

REGULAR A/B DAY SCHEDULE – Open Lunch

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

Dress and Grooming

Students are expected to dress appropriately.

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

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

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

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

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

Chains and studded jewelry are not permitted as accessories.

