



WOODGROVE HIGH SCHOOL

Principal's Message

November 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

Many thanks to our SCA for organizing and orchestrating a week full of festivities for our Homecoming Week! The stairwells were splendidly decorated – the murals are outstanding, and each day brought forth very creative attire. Also many thanks to the students, staff and parents for their help with the homecoming dance. We had nearly 1,000 students and chaperones attend the dance, and from my observation and the feedback I received - I believe everyone enjoyed the event.

The week did have a disruption on Friday and I do appreciate everyone's efforts working together calmly and positively when we did have to evacuate the school for a while that afternoon.

As our year moves rapidly by, please remember that the first grading period ends on Friday, October 30, and report cards will be distributed to students Wednesday, November 11. Please also mark on your calendars that Monday, November 2, and Tuesday, November 3, will be student holidays/teacher workdays. If you have any questions regarding your son's or daughter's classes, please contact his or her teachers.

Beginning in the second semester, we are going to open our school wireless network so that students will be able to utilize their technology devices at school. This is part of Loudoun County's Bring Your Own Technology (BYOT) initiative. In order to do that, we must complete a Digital Citizenship curriculum which provides information to students regarding how to make appropriate choices on-line. We are completing these lessons through our student advisory groups in FAcetime. For more information regarding BYOT and Digital Citizenship, you may open this link:

<http://www.lcps.org/Domain/17639>

As we do turn the calendar to November, one can see many exciting activities planned for the students, parents, faculty and community members of the Woodgrove family. American Education Week is November 16 – 20. We have a number of activities scheduled for this week and I urge you to check the school calendar on our website and attend an event. Please be sure to join us!

School safety is in the forefront of our minds and it is of the utmost importance to all of us. As a reminder, please have your identification ready when you enter the school. All visitors must check in with the main office.

Please remember to vote on Tuesday, November 3.

The year continues to be off to a great beginning! Students are working hard and the environment in the school is excellent. I hope everyone can take some time during American Education Week to visit and celebrate with us the amazing experiences which take place at Woodgrove each and every day.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

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

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & COUNSELOR STATEMENT DUE TO THE SCHOOL COUNSELING OFFICE
December 1	November 4 (to account for Thanksgiving Break)
December 15	November 17 (to account for Thanksgiving Break)
January 1	November 30 (to account for Winter Break)
January 15	December 14 (to account for Winter Break)
February 1	January 11
February 15	February 9
March 1	January 25
March 15	February 23

Upcoming Events

ECMC College Night

Thursday, November 12, 2015 6:00pm-8:30pm at Park View High School. College Night assists families with understanding the importance of selecting the right college, paying for college, searching for scholarships and applying for financial aid. \$500 scholarships will be raffled. For more information visit www.collegenights.org.

Job-4-A-Day

The JOB-4-A-DAY program for high school Juniors will be on **Wednesday, November 18, 2015**. There is a *second date* only for those students placed at **Inova Loudoun Hospital** in **November 23, 2015**. The online application portal opened on October 26th at 9:00am. To learn more about this great opportunity and find out how to submit your application click [here](#).

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 4th**.

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.

11/4 at 10:45 am	Pennsylvania State University
11/4 at 2:30 pm	College of William & Mary
11/6 at 10:45am	NVCC Pathways
11/10 at 10:45 am	Fashion Institute of Design & Merchandising
11/12 at 9am-3:30pm	NVCC Application Day
11/13 at 12:00 pm	US National Guard Recruiter
11/17 at 10:45 am	US Marine Corps Recruiter
11/17 at 12:00 pm	US Army Recruiter

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

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 School Counseling Office or visit our [Governor's School](#) page on the website for links to all the applications.



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

WOODGROVE HIGH SCHOOL

School Counseling News

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.

- [Prudential Spirit of Community Awards](#) – Due 11/3/15
- [2016 Elks Most Valuable Student Scholarship](#) – Due 12/1/15
- [GE-Reagan Foundation Scholarship Program](#) – Due 1/7/16
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/16
- [Gates Millennium Scholars Program](#) – Due 1/13/16
- [United States JCI Senate Foundation Scholarship](#) – Due 1/15/16
- [Lee-Jackson Educational Foundation Scholarship Program](#) – Due 2/5/16
- [TheDream.US Scholarships](#) – Due 2/15/16
- [Legacy of Life Essay & Video Scholarships](#) – Due 3/23/16
- [Green Pest Services Scholarship](#) – Due 4/30/15



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](#).

				
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
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
December 12	11/6	11/20
February 6	1/8	1/15
April 9	3/4	3/18
June 11	5/6	5/20

Monthly Military Visit Schedule

Looking for SAT/ACT Prep Options?

Main Office: (540) 751-2600 · Guidance: (540) 751- 2607 · Athletics: (540) 751-2610

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School Counseling News

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.

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.

Step Up Loudoun Youth Competition!

High school youth across the county are encouraged to identify an issue in their school, neighborhood or community, create a plan to address that issue, and implement the plan. The goal is to encourage, support and reward the youth of Loudoun County for making positive changes in their own lives and the lives of others. Cash prizes will be awarded including a \$1000 grand prize to the top team! Step Up Loudoun Youth is a collaboration between Loudoun Youth Inc., Loudoun County PRCS, the Advisory Commission on Youth, Leadership Loudoun and Loudoun County Public Schools. For more information visit <http://www.loudounyouth.org/programs-2/the-step-up-loudoun-youth-competition/>

Interested in Being a Mentor?

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

2015-2016 Counselor Assignments

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

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



2ND ANNUAL
MENTAL HEALTH AWARENESS
POWDER PUFF GAME



Sisters **ON THE GRIDIRON**

Please join our community and our
students for a night of fun,
football, laughter, and cheering.



Wednesday, November 4, 2015

7:00—9:00 PM

Loudoun Valley High School, Purcellville, VA

GENERAL ADMISSION: \$5.00

Additional Donations Accepted

**All proceeds will go to support
Friends of Loudoun Mental Health**

WOODGROVE HIGH SCHOOL NEWS

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 7:00pm.

The remaining presentation at Woodgrove High School is Wednesday, December 2 in the auditorium.

Other Parent for Safe Teen Drivers Presentations are offered at the High Schools throughout Loudoun County as 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 2015-2016 All presentations will be held from 7:00-8:30 pm.

Briar Woods HS	Nov. 10, 2015	Jan. 12, 2016
Broad Run HS	Sept. 15, 2015	Oct. 20, 2015
John Champe HS	Sept. 23, 2015	Nov. 4, 2015
Dominion HS	Oct. 14, 2015	Oct. 19, 2015
Freedom HS	Sept. 30, 2015	Nov. 10, 2015
Heritage HS	Sept. 9, 2015	Oct. 6, 2015
Loudoun County HS	Sept. 15, 2015	Sept. 16, 2015
Loudoun Valley HS	Sept. 28, 2015	Oct. 7, 2015
Park View HS	Nov. 4, 2015	Nov. 11, 2015
Potomac Falls HS	Oct. 6, 2015	Nov. 4, 2015
Riverside HS	Oct. 28, 2015	Nov. 4, 2015
Rock Ridge HS	Sept. 22, 2015	Oct. 13, 2015
Stone Bridge HS	Oct. 14, 2015	Nov. 11, 2015
Tuscarora HS	Sept. 30, 2015	Oct. 21, 2015
Woodgrove HS	Sept. 23, 2015	Dec. 2, 2015

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.

WOODGROVE HIGH SCHOOL NEWS

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!

Know a Combat Veteran?

The English 11 Academic classes have been doing a unit on the power of storytelling, focusing on stories about soldiers' experiences in the Vietnam War (including Tim O'Brien's The Things They Carried). For our One to the World activity this semester, we are trying to connect students with combat veterans from any wars who are willing to talk about their experiences. We are hoping to get a number of veterans to come in on **November 20** during Flex to speak and then have students follow up with these volunteers on-line afterwards. The students will be incorporating what they learn from these people as part of a larger essay they will write about why we tell stories, and they will then share their final products with the volunteers at the end of the unit.



If you know of any combat veterans in the area that would be willing to speak to our students and answer questions about their experiences, please encourage them to contact Chris Cuozzo, English Department Chair, at Christopher.Cuozzo@lcps.org.

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

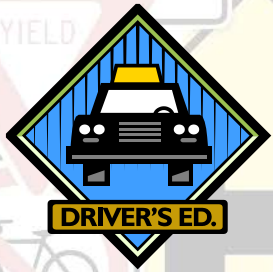
For more information | <http://futurequest.gmu.edu>

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

WOODGROVE HIGH SCHOOL

Drivers Ed Available - No Waiting



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

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

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

WOODGROVE HIGH SCHOOL

Woodgrove High School
Home of the Wolverines

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

The weekend before spirit week, dedicated volunteers from each class spent hours decorating their stairwells to their class theme. Judges scored each stairwell and mural during the week. Seniors won the mural painting competition, while the sophomores took home first place in the overall stairwell contest.

October 17th-23rd was spirit week. The days were

Monday: PJ Day

Thursday: Costume Day

Tourist Tuesday

Friday: Stairwell Day

Well-Dressed Wednesday

The annual Powder Puff game was on Thursday, October 22nd. The seniors were victorious. Following the game, the Student Council hosted a bonfire where there was live music and free food.

On Friday, we held our Homecoming pep rally. Court members from each class made their grand entrance and the couples participated in a fun balloon popping game. After school, Court members rode in convertibles in the annual Homecoming Parade. Members of the Class Councils walked in the parade as well. Following the parade was the block party where free food was provided.

Student Council and Class Council members as well as student and parent volunteers helped decorate the lobby and main gym from 8am-2pm on Saturday for the Homecoming Dance. Students arrived at 8pm for a night of music and fun.

The Student Council and Class Councils would like to give a huge thanks to everyone who helped and participated in Homecoming and spirit week activities. Everything was very successful and we can put down another great Homecoming season in the books.



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

NOVEMBER REMINDERS FROM THE HEALTH CLINIC

Hello from your School Nurse

All 10th grade students will be screened for vision and hearing Monday, November 9, and, Tuesday November 10, 2015 during their scheduled Physical Education class. Please remind your child if they wear eyeglasses or contact lens to bring them on their scheduled day PE day for the screening.

If your child does not meet the vision screening passing criteria I will be contacting you and mailing you a report of the eye examination. You will be advised to consult a Vision Professional and share the results of the screening. Please take the report to your Vision Professional and have them complete their section of the report. Please return the report form to me in the clinic.

If your child did not meet the passing criteria for the hearing screening our Speech language Pathologist will rescreen your child. I will follow up with you regarding the report of the hearing examination. After the second rescreen you may be advised to consult with your primary care physician and share the results of the screening. Please take the report to your physician for their completion of findings and treatments and return the form to me in the clinic.

To ensure your child's safe return to school, students who are returning to school after hospitalization (surgery or illness) or a medical procedure must have a release from the physician. The release should include the following information:

- *approval for the student to return to school
- *the activity level allowed
- *any current restrictions; the duration of those restrictions
- *all of the above should be updated by the physician after the follow up appointments

- *Students with fever (100.0 or >) should be kept home until free of fever for 24hours.

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

At 540-751-2606 (clinic)

Stephanie Lovasz, RN

WOLVERINE SPORTS MEDICINE

Volume 6, Issue 3

November, 2015

Sports Injuries

Delayed-Onset Muscle Soreness

Aside from the pain of muscle injuries such as strains, there are two common kinds of exercise-related muscle soreness. One is acute soreness, which occurs during or immediately after exercise; the other is delayed-onset muscle soreness (DOMS), which develops 12 hours or longer after exercise.

Acute soreness- Muscle soreness during and immediately after exercise usually reflects simple fatigue, caused by a buildup of chemical waste products in the muscle. If so, the discomfort will often subside after a minute or two of rest. You should not proceed with your workout until you're able to exercise without pain.

Delayed soreness- DOMS after a workout is common, particularly if you aren't used to the activity. For example, you haven't exercised for 6 months and then you suddenly run 3 miles, do some push-ups and sit-ups, you may feel soreness over much of your body the next morning. This soreness is generally at its worst within the first two days and subsides over the next few days. DOMS is thought to be a result of microscopic tearing of the muscle fibers and swelling around the muscle.

You may not be able to totally prevent DOMS, but you can keep it to a minimum by warming up thoroughly before activity and cooling down completely afterward. This can be done by stretching the muscles and a few minutes of light, low-impact aerobic activity before and after exercising. Other measures used to diminish soreness include applying ice, massage and taking ibuprofen.

Finally, if your pain persists longer than about 7 days or increases despite these measures, consult your Athletic Training or physician.

Fitness

Aerobic vs Anaerobic Workouts

Many people seem to be unclear on the difference between aerobic and anaerobic exercise. Essentially, the primary difference is that oxygen is present during aerobic exercise, while it is absent during anaerobic exercise. Oxygen is carried throughout our bodies during aerobic activity, giving the muscles the energy required to sustain the ongoing effort. Conversely, our bodies use glycogen (a polysaccharide that is deposited into our muscle tissues as a carbohydrate) during anaerobic activity.

When we exercise aerobically, the effort can be sustained over a long period of time. Common aerobic exercises include: walking, jogging, swimming, cycling and rowing. These continuous types of activities can help people at any level lose body fat and strengthen their heart and lungs. The heavier we breathe during aerobic exercise, the more carbon dioxide we release from our bodies. This improves our general health, as well as, aids in the recovery of our muscles.

As we already know, oxygen is not present while we exercise anaerobically. This is because glycogen is used as fuel instead. Some typical anaerobic activities are sprinting, box jumps, hill climbing, short burst of jump roping, interval training and heavy weight training. During these short exercises that require intense effort, our bodies build up lactic acid (which causes muscle tightness and discomfort).

Anaerobic exercise really assists in the promotion of lean muscle mass because of the fat calories they can rapidly burn from our bodies. Though anaerobic activity can cause prolonged soreness, it also helps in weight management, as well as overall cardiovascular function because bodies with more lean muscle mass burn calories more efficiently.

The likely truth is that we should incorporate both aerobic and anaerobic exercises into our fitness routines. Both means of exercise are adequate and distinctly effective in their ways. Most fitness experts would agree that using an all-or-nothing approach in choosing either to exercise aerobically or anaerobically is not as efficient in cardiovascular training when compared to using a blend of both methods that is unique to your fitness goals.

HELP BUILD ON OUR SUCCESS...JOIN THE

WOODGROVE HIGH SCHOOL



PTSO

Parent Teacher Student Organization

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

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

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

With your support, we will continue to:

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

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

MEMBERS NAME(S): _____

ADDRESS: _____

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

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

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

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

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





SUBSCRIBE TO THE WOODGROVE WEEKLY

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

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

<http://tinyurl.com/woodgroveweekly>

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

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

WoodgroveHighSchoolPTSO@gmail.com

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

Giant, Harris Teeter & Target Reward Programs

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

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



Giant
School ID 09152

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

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

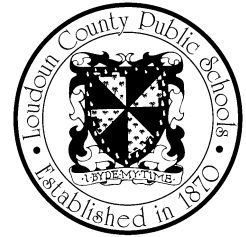
Business & Financial Services

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.

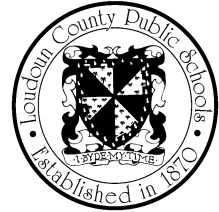
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff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

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



ATENCIÓN: PADRES Y ESTUDIANTES

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

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

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

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

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

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

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

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

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



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



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

Woodgrove High School 2015 – 2016 Bell Schedules

REGULAR A/B DAY SCHEDULE - 4 Lunch Shifts

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

REGULAR A/B DAY SCHEDULE – Open Lunch

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

Dress and Grooming

Students are expected to dress appropriately.

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

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

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

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

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

Chains and studded jewelry are not permitted as accessories.

