



# WOODGROVE HIGH SCHOOL

## Principal's Message

December 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

We certainly hope everyone had a safe and happy Thanksgiving. November proved to be a remarkable month at Woodgrove. American Education Week went very well, and we appreciate those family and community members who took time to visit with us during our celebration. Many thanks to the PTSO members for the treats they provided staff during AEW as well. The Drama Department's presentation of *Orpheus Descending* was exceptional – congratulations to Mr. Noland and all of the students who worked so hard to bring that play to life on our stage. Also, congratulations to all our sports teams and our band for an excellent fall season – our programs were very successful and we look forward to building upon those success.

Now that December is here, winter weather provides opportunities for school closings and delayed openings. Please check the Loudoun County Public School website for information on school closings. The last day of classes before Winter Break will be Friday, December 18. Classes will resume on Monday, January 4.

Not only will December bring a noticeable change in our weather, along with it will come a number of exciting events here at school. The music departments will present their choral, band, orchestra and guitar winter concerts this month. All concerts will begin at 7:00 PM. Our winter sports have also started their games and competitions. Please check the calendar for the dates of these upcoming musical and sporting events and please attend and watch our Wolverines in action.

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

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

Lastly, as we enter the holiday season, the staff at Woodgrove takes this time to wish everyone a safe and happy winter vacation, and we look forward to a wonderful year in 2016!

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
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

#### **Super Saturday – FAFSA Day at WHS**

Saturday, January 16, 2016 10:00am – 1:00pm at Woodgrove High School. LVHS and WHS families are invited to join us for our annual financial aid assistance and informational session. Time will be allowed to complete FAFSA Forms. Sponsored by NVCC.

#### **Course Selection Night**

Thursday, February 4, 2016 students and parents are invited to make curriculum selections for the 2016-2017 school year. We welcome 8<sup>th</sup> graders at 6:00pm & 9<sup>th</sup>-11<sup>th</sup> graders at 7:00pm. Contact the School Counseling Office if you have any questions.

#### **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.



12/3 at 10:30 am	Radford University On-Site Admissions
12/4 at 9:30 am	Longwood University On-Site Admissions

12/4 at 12:00 pm	US National Guard Recruiter
12/8 at 10:45 am	US Marine Corps Recruiter
12/10 all day	NVCC Pathways
12/15 at 12:00 pm	US Army Recruiter

#### **Radford University's On-Site Admissions Guidelines**

In order to be considered, students must:

- Sign up via Naviance
- Submit your Online Application for Admission at [www.radford.edu/apply](http://www.radford.edu/apply) by November 16<sup>th</sup>
- Request your High School Transcript be sent to RU by November 16<sup>th</sup>
- Have taken the SAT/ACT on or before October 2015

Questions, please contact: Doug Brady, Associate Director of Admissions, [dpbrady@radford.edu](mailto:dpbrady@radford.edu)

#### **Longwood University's On-Site Admissions Guidelines**

- Nursing applicants CANNOT participate in On-Site admissions. They will have to submit their applications by December 1, 2015.
- Any current senior may participate in on-site admissions. There is no GPA or SAT/ACT requirement. The average student enrolled as a freshman had a GPA between 3.07 and 3.61; SAT mid-range was 940-1080 (critical reading and math only); ACT composite score mid-range was 19-23.
- Students must have 4 years of English, 3 years of Math (including Algebra 2), 3 years of a Science, 3 years of History, 2 years of a Foreign Language and a Fine Art as the basic requirements for admission to Longwood.
- Students need to apply online at [www.whylongwood.com](http://www.whylongwood.com) and submit the \$50 application fee, a transcript and test scores by November 20<sup>th</sup>. If students miss the deadline all of the above-mentioned documents must be submitted to the Career Center Assistant by December 3<sup>rd</sup>.

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

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.

# WOODGROVE HIGH SCHOOL

## School Counseling News



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 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](mailto: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
- [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
- [American Society of Military Comptrollers \(ASMC\) Scholarship Washington Chapter](#) – Due 2/5/16
- [Lee-Jackson Educational Foundation Scholarship Program](#) – Due 2/5/16
- [VMDAEC \(Virginia, Maryland, and Delaware Association of Electric Cooperatives\) Educational Scholarship Foundation](#) – Due 2/10/16
- [TheDream.Us Scholarships](#) – Due 2/15/16
- [Steve Duckett Local Conservation Scholarship](#) – Due 3/1/16
- [Seth Okin Good Deeds Scholarship](#) – Due 3/1/16

- [Price Benowitz Social Justice Scholarship](#) – Due 3/1/16
- [Legacy of Life Essay & Video Scholarships](#) – Due 3/23/16
- [Outstanding Young Agriculturalist Award](#) – Due 3/31/16
- [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.

January 7, 2016 at 9:00 am – Woodgrove High School  
March 5, 2016 at 9:00 am – Loudoun Valley High School

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

### Monthly Military Visit Schedule

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

### 2015-2016 SAT/ACT Test Dates



[www.collegeboard.com](http://www.collegeboard.com)

Test Date	Registration Deadline	Late Registration
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

# WOODGROVE HIGH SCHOOL

## School Counseling News

\* 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](http://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

### Looking for SAT/ACT Prep Options?

**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](http://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.



# WOODGROVE HIGH SCHOOL NEWS



Congratulations to the Varsity Volleyball team for being Conference 21 West Regular Season and Tournament Champions, Region Runner-up and Final Four in the State.

Congratulations to the following players on their post season awards:

## First team All-Conference

Carolyn Cain- Outside Hitter  
Dorothy Dimitrew- Libero  
Morgan Minniti- Setter  
Sarah Root- Middle Hitter

## First Team All- Region

Morgan Minniti

## Second Team All- Region

Dorothy Dimitrew  
Sarah Root

## Honorable Mention All- Region

Carolyn Cain

## VIRGINIA JUNIOR CLASSICAL LEAGUE AWARDS

On November 22<sup>nd</sup> and 23<sup>rd</sup> thirty-one Woodgrove students attended the Virginia Classical League Convention.

Congratulations to the following Woodgrove students who earned awards in academic, fine arts, or performance categories.



Lizzie Clark	2 <sup>nd</sup> place, Oil 2 <sup>nd</sup> place, Watercolor 1 <sup>st</sup> place, Couples Costume
Stefania Dodd	6 <sup>th</sup> place, Oil
Emily Franklin	8 <sup>th</sup> place, Latin Oratory
Thomas Franklin	10 <sup>th</sup> place, Geography
Cameron Gillies	10 <sup>th</sup> place, Storytelling
Andrew Hale	3 <sup>rd</sup> place, Map 9 <sup>th</sup> place, Mosaic
Jonathan Hess	9 <sup>th</sup> place, History 9 <sup>th</sup> place, Geography
Ranger Kasdorf	4 <sup>th</sup> place, Sculpture
Ryan Maad	8 <sup>th</sup> place, Boys Costume
Declan McCormack	9 <sup>th</sup> place, Pencil
Casey Milburn	1 <sup>st</sup> place, Doll
Brittany Nelson	10 <sup>th</sup> place, Color Pencil
Jon Owen	9 <sup>th</sup> place, Game 1 <sup>st</sup> place, Couple Costume
Somerset Peede	3 <sup>rd</sup> place, Sculpture 8 <sup>th</sup> place, Pentathlon
Sarah Snare	3 <sup>rd</sup> place, Mosaic
Jessica Stewart	3 <sup>rd</sup> place, Mosaic
Carley Tantlinger	1 <sup>st</sup> place, Watercolor
Caitlin Williams	3 <sup>rd</sup> place, Storytelling
Annie Williams	4 <sup>th</sup> place, Map 7 <sup>th</sup> place, Storytelling
Angela Yost	5 <sup>th</sup> place, Dramatic Interpret

# WOODGROVE HIGH SCHOOL NEWS

## Partners For Safe Teen Drivers Presentation

Parents of 10<sup>th</sup> grade students should be aware of the upcoming Partners for Safe Teen Drivers Presentation. This 90 minute presentation is a required additional component to the 10<sup>th</sup> 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.**

<b>Briar Woods HS</b>	Nov. 10, 2015	Jan. 12, 2016
<b>Woodgrove HS</b>	Sept. 23, 2015	Dec. 2, 2015



# *Transition Planning for Students with Disabilities*

Please join us for a Community Night dedicated to learning about available services and options for students.

Wednesday, December 9<sup>th</sup> 7 – 9pm

at

Woodgrove High School

To reserve a spot – Please complete the registration form at:

<http://tinyurl.com/o8yg7fz>

*Topics covered will include:*

*Employment \* Social Security\* Waivers \* Post-Secondary  
Options \* Assistive Technology \* Driving Programs \* Coping  
with Co-workers and Supervisors \* Guardianship  
\* Power of Attorney and More*

*Agencies Presenting:*

*DARS – Department of Aging and Rehabilitative Services*

*CSB – Community Services Board*

*LCPS Parent Resource Center*

*Autism Specialist*

*Family Lawyer*

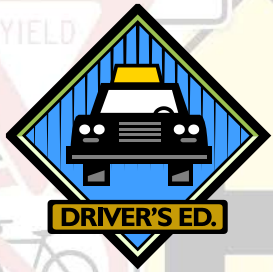
*If you have questions please contact:*

*Kelley Hines – WHS Transition Teacher at [Kelley.hines@lcps.org](mailto:Kelley.hines@lcps.org)*

*Jackie Garbe – LVHS Transition Teacher at [Jacqueline.garbe@lcps.org](mailto:Jacqueline.garbe@lcps.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!!

\* \* 10<sup>th</sup> 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

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Woodgrove High School  
Home of the Wolverines

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

Tuesday, November 10 was National Vanilla Cupcake Day! Student Council members handed out over a thousand vanilla cupcakes to students that morning to celebrate.

During a Tuesday morning meeting and class, Student Council members wrote thank-you notes for all of the Woodgrove staff in honor of American Education Week, which was November 17<sup>th</sup>-21<sup>st</sup>. Staff members received these fantastic letters on Monday, November 17<sup>th</sup>.

Currently, the Student Council is working on plans for the upcoming Holiday Door Decorating Contest, the winter Pep Rally, Ugly Sweater Day, and a possible Cookie Exchange.

From November 9<sup>th</sup>-20<sup>th</sup>, the Student Council assisted with a winter clothing drive for Mobile Hope, an organization that helps provide clothing to homeless families and teens in need. Students placed gently used winter clothing, such as jackets, jeans, shirts, and shoes, into donation boxes in the main. Dedicated volunteers gathered on "Pay it Forward Friday," November 27<sup>th</sup>, at come to Leesburg Elementary School to help organize donated clothing. Later that day, the clothing was given to families in need. Thank you to everyone who donated clothing and helped on "Pay it Forward Friday."

December 5<sup>th</sup> is the VSCA Region 4 Workshop at Park View High School. Members will be travelling to Sterling for an afternoon of leadership seminars led by the Park View Student Council.



## REMINDERS FROM THE HEALTH CLINIC: December

Hello from your school nurse,

All 10th grade (and new students to LCPS) were screened for vision and hearing on November 9, and 19 (10th graders during their scheduled Physical Education class). If your child did not meet the initial vision and or hearing screening they will be rescreened in approximately two weeks. If your child then does not meet the vision or hearing rescreening criteria I will be contacting you and mailing you a report of the exam.

You will be advised to consult a vision professional and share the results of the vision screening. Please take the report to your vision professional and have them complete their section of the report, then return the report form to me in the clinic.

If your child did not meet the initial passing criteria for the hearing screening our Speech language Pathologist will rescreen your child. I will follow up with you regarding the results. After the second rescreen you may be advised to consult with your primary care physician/health care provider and share the results of the screening. Please take the report to them for their completion of the 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 procedure (fracture or tests); seen for concussion must have a release from the physician that they may return to school. 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 fever free for 24 hours.

Please be reminded that a parent/guardian must bring medication to the nurse, health clinic assistant, or designee. I must have written orders from the physician in order to accept and to administer prescription medications. All prescription medicine must be in the original pharmacy bottle with proper label containing the students name, medication, dosage and instructions for administration. If you ask, the pharmacy they may give you an extra bottle for liquid or tablets with proper amount of medicine for school.

Non-prescription medicine: All medication must be brought in by a parent/guardian.

Must be in the original package with the name of the medicine and instructions. It must have a signed and dated Medication Administration form from the parent regarding when and how much medicine to

administer .The medication will be given according to the amount listed on the package for your child's age and weight unless the doctor orders on a medication form to indicate differently.

Lastly, please be sure to keep the emergency contact phone numbers and information up-to-date so that we can reach you if your child is ill or injured.

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).

Have a happy and healthy holiday season.

Stephanie Lovasz, RN,

## WOLVERINE SPORTS MEDICINE

Volume 6, Issue 4

December, 2015

### Sports Injuries

#### Wrist Sprains

Putting down a hand to brace against the impact of a sudden fall is one of the most natural reactions. But the result, an injured wrist, can be devastating to any athlete. Making matters worse, the wrist is one of the body's most complicated joints and injuries are often slow to heal. Early diagnosis and treatment is critical to wrist sprains.

The wrist is made up of the bones of the forearm (radius and ulna), the bones of the hand (metacarpals) and a group of 8 small bones between them (carpals), which allow for various motions of the wrist. Symptoms of a wrist sprain are pain, swelling and limited motion. As with any sprain there are grades of wrist sprains ranging from a ligament stretch to a complete rupture. Often, ligaments are also torn in association with another injury, such as a fracture or dislocation of one or more of the wrist bones.

The two most important aspects of diagnosing wrist sprains are the history of the injury and a thorough examination of the injured area. X-rays, MRI's, CT scans may be helpful in some injuries but may not be reliable in others. For example, X-rays of the highest quality may not pick up a fractured scaphoid bone.

Mild wrist sprains are treated with splinting, anti-inflammatory medication and therapy to regain mobility and strength. However, a complete tear will seldom heal with splinting alone and often requires surgery at the earliest date. Regardless, a severe sprain may take anywhere from 4 to 6 weeks to feel better.

The most important thing is that if it hurts, have it evaluated. The biggest mistake is to injure the wrist and go on and keep re-injuring the area. This is where you run into chronic problems.

## Nutrition

### Dangers in Energy Drinks

A number of scientists are worried about the safety and effectiveness of beverages like Red Bull, Rockstar, Monster, and Full Throttle, which are popular among teenagers and young adults. These "energy drinks" contain high levels of caffeine, which for individuals with underlying heart conditions, can have dangerous, even life-threatening effects on blood pressure, heart rate and brain function.

For a student-athlete engaged in intense exercise, the high doses of sugar and caffeine in energy drinks can impair absorption of fluids and result in dehydration. A 16oz can of an energy drink may contain 13 teaspoons of sugar and the amount of caffeine found in 4 or more colas. And anyone can buy these drinks, even 11 and 12 year old kids!

Researchers are also concerned about the effects of energy drinks on athletic performance. A lot of kids are reaching for energy drinks instead of sport drinks like Gatorade, which are mostly water with a small amount of sugar and electrolytes. Energy drinks contain a slew of ingredients like taurine, ginseng, guarana, ginkgo biloba, glucuronolactone, and milk thistle. Most of these ingredients are not researched, especially in combination with one another, and are a kind of sensory overload for the body, with too much stuff coming in at the same time.

Manufacturers of energy drinks have labeled these beverages "dietary supplements", therefore they are not regulated by the Food and Drug Administration (FDA) like sodas, juices and sports drinks. They can make claims like "Enhances Athletic Performance" and "Increases Caloric Burn and Mental Sharpness" without proven scientific research.

The average healthy person who consumes one serving of an energy drink is unlikely to encounter problems. Those most likely to get into trouble are those who overindulge and those with underlying heart conditions.



# HELP BUILD ON OUR SUCCESS...JOIN THE

## WOODGROVE HIGH SCHOOL



# PTSO

## Parent Teacher Student Organization

**JOIN ONLINE TODAY!! [www.lcps.org/Page/69200](http://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](mailto: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](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](mailto:WoodgrovePTSOFundraising@gmail.com). Thanks for your support!

# Loudoun County Public Schools

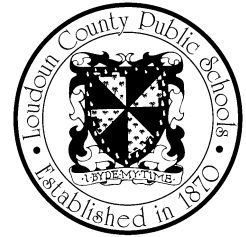
## Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

E-mail: [LCPS-BUS-RISKMGMT@LCPS.ORG](mailto: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:

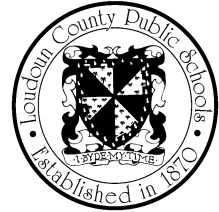
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

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 <sup>st</sup> Period	9:08-10:34	5 <sup>th</sup> Period
10:39-12:05	2 <sup>nd</sup> Period	10:39-12:05	6 <sup>th</sup> Period/Flex* (10:39 – 11:20) (11:25 – 12:05)
12:10-2:12	3 <sup>rd</sup> Period	12:10-2:12	7 <sup>th</sup> 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 <sup>th</sup> Period	2:17-3:43	8 <sup>th</sup> 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 <sup>st</sup> Period	9:08-10:34	5 <sup>th</sup> Period
10:39-12:05	2 <sup>nd</sup> Period	10:39-12:05	6 <sup>th</sup> 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 <sup>rd</sup> Period	12:48-2:12	7 <sup>th</sup> Period
2:17-3:43	4 <sup>th</sup> Period	2:17-3:43	8 <sup>th</sup> 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.

