



# WOODGROVE HIGH SCHOOL

## Principal's Message

February 2016

### Woodgrove High School

36811 Allder 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

Believe it or not, February is already here! With regards to the weather, what an interesting end to January we had. We have had a number of changes to our February schedule so please see our school calendar for those changes. Of significance, please note that our course selection night is now scheduled for Wednesday, February 17. Additional information for this evening is included in the Counseling section of our newsletter. Also, our first semester has been extended and will finish up on Thursday, February 4. Friday, February 5, is a student holiday/teacher workday and the second semester will begin on Monday, February 8, a "B" day.

Please note that Report Cards will be sent home on Friday, February 12.

Before moving forward into February, I do want to take a moment and reflect on several notable milestones many of our students achieved this past month. Our ninth graders are just about finished with their first semester of high school and have adapted very well to life at Woodgrove, while our seniors have but one more semester to go and the excitement for graduation grows daily as news of college acceptances and other post high school plans present themselves. In addition, this first semester offered excellent athletic and academic competitions on our fields and in our classrooms. While on our stage, superb concerts and plays were performed by our students and they were, of course, exceptional. Overall, the first semester brought many remarkable and newsworthy events at Woodgrove. With the beginning of our second semester, we expect February to bring many more positive activities and opportunities - I do encourage you to attend these events and support our students in their endeavors.

We are looking forward to an outstanding second semester and spring - best wishes to everyone and I thank you again for your support!

William S. Shipp  
Principal

# WOODGROVE HIGH SCHOOL

## School Counseling News

### WELCOME

During the upcoming weeks, the School Counselors will be meeting with students individually to review their course selections for the **2016-2017** school year. Please have a conversation with your son or daughter regarding their classes. After you review their teacher recommendations, please contact their teacher if you have any questions regarding their suggestions. **Please note the final date to make changes to course selections for next year will be June 1, 2016.** Your change request must be provided in writing to your son or daughter's counselor.

Thank you for your support and please let us know if you have any questions or need any assistance.

#### **Request for Transcript & Counselor Statement**

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
March 1	February 9
March 15	February 23

### Upcoming Events

#### **Monroe Technology Center Open House & Applications**

Wednesday, February 3, 2016 at 6:00-7:30 PM at Monroe Technology Center in Leesburg, VA. Talk one-on-one with MTC faculty. Learn how MTC can prepare students for college and careers. Explore dual enrollment opportunities. Snow date is scheduled for 2/10. For more information visit their [website](#).

This year the 2016-2017 Application for Admission to Monroe Technology Center (MTC) can only be submitted online. Links to the general (green) and nursing (blue) applications can be found on the homepage of their [website](#). Applications must be completed in one sitting. The deadline is April 1<sup>st</sup> for the general application and April 16<sup>th</sup> for the nursing application. If you have any

questions please reach out to your Counselor or stop by the Career Center.

#### **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.

#### **Gap Year Fair**

Thursday, February 4, 2016 6:00pm – 9:00pm at John Champe High School, 41535 Sacred Mountain Street, Aldie, VA 20105. USA Gap Year Fairs is the premiere national circuit of gap year events. The fairs bring together over 100 organizations in total, averaging 40 at each fair that bring together programs, students, families, college counselors, and Gap Year experts. For students and parents interested in taking a Gap Year, these fairs are the legitimate source to connect with reputable gap year programs focusing on Education, Service and Personal Growth. Each fair features a presentation by a gap year expert. The guest speaker will be Holly Bull from 6:00-7:00pm.

#### **ROTC Program at LCHS**

The ROTC applications for the 2016-2017 school year are now available. LCHS will be accepting applications starting February 8<sup>th</sup> through March 1<sup>st</sup>. Applications will not be accepted outside of these dates. Interviews and notification of selection will be March 3<sup>rd</sup> – 18<sup>th</sup>. Click [here](#) to download the application forms.

### 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.

2/4 at 10:45 am      US Navy Recruiter  
2/12 at 1:30 pm      ASVAB Interpretation

\*check Naviance / Family Connection for the most up-to-date list

#### **Summer Residential Virginia Governor's School**

VPA (Visual and Performing Arts)

Mid-April, 2016 – Student will receive letters concerning their status: invited or alternate/wait list Academic Programs



# WOODGROVE HIGH SCHOOL

## School Counseling News

Mid-April, 2016 – Students will receive letters concerning their status: invited or alternate/wait list

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 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.

- [United Daughters of the Confederacy Scholarships - General Scholarship](#) – Due 2/1/16
- [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
- [AKAS – Community College Grant](#) – Due 2/27/16
- [AKAS – Estelle Gaymon Memorial Grant](#) – Due 2/27/16

- [AKAS – Historically Black College & University \(HBCU\) Book Grant](#) – Due 2/27/16
- [AKAS – STEM College Grant](#) – Due 2/27/16
- [Armed Forces Communications & Electronics Association – NOVA](#) – Due 2/28/16



### 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.

March 4, 2016 at 7:30 am – John Champe 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
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

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## School Counseling News

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)

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.

Test Date	Registration Deadline	Late Registration
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. New courses start on **April 2<sup>nd</sup>**. 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.*

### BLAST Summer Program for 9<sup>th</sup> Graders

The Building Leaders for Advancing Science and Technology (BLAST) program is designed to attract students who are motivated to learn, but have not yet shown interest in science, technology, engineering or math (STEM) coursework. This FREE program is open to 9th grade students and will take place the summer of 2016. It will allow them to spend four exciting days on the campus of Old Dominion University, University of Virginia or Virginia Tech engaged in hands-on STEM activities and demonstrations led by experienced faculty members. Please visit their website for program information and an online application, <http://www.blast.spacegrant.org/>. The deadline for the application is **February 1, 2016**. The program is a partnership between the Virginia Space Grant Consortium, Old Dominion University, the University of Virginia, Virginia Tech and the Commonwealth of Virginia.

### 2015-2016 Counselor Assignments

#### Students

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



# Woodgrove High School

36811 Alder School Road  
Purcellville, VA 20132  
540-751-2600



To our Woodgrove families and community,

This school year, new instructional initiatives from Loudoun County Public Schools are being instituted at schools throughout the district. WHS students will be participating in activities designed to support the LCPS One to the World (OTTW) initiative in all classes. The four key elements of an OTTW project are defined to include:

- Significant content and important competencies
- Authentic challenging problems in the World
- Public product for the World
- Connection with the World

The activities in which students participate will be defined by the classroom teacher, and many students have already created projects which follow these guidelines.

To support these initiatives, Loudoun County Public Schools has also made the decision to allow students to bring their personal devices to school and access the Internet using the school wireless network. This access is being provided to allow students to use their personal devices as indicated by teachers in the classroom to support instructional activities. The open wireless access for Woodgrove High School students became available on February 1, 2016. This resource allows student access to the Internet via the wireless network using their personal device. Access to the open wireless does not require a password, but students are responsible for connecting their device to the wireless network. WHS and LCPS staff will not configure personal devices.

Personal devices may include laptops, tablets, or phones and should be able to access the provided wireless network. LCPS will not make specific recommendations to device type to utilize in the classroom. The decision to bring a device is optional, and the type of the device has been left to the discretion of the parent and student. School provided devices will continue to be available for student use, and teachers will not require the use of a personal device in any class.

To support the responsible use of personal devices in the school and at home by students, all LCPS schools are required to participate in the Digital Citizenship curriculum provided by the Common Sense organization. The Common Sense organization, <https://www.common Sense media.org/>, provides resources to families and schools to help adults have conversations with children to keep them safe when using online resources. An example of the Common Sense organization Family Tip Sheet has been provided, and additional resources can be found using the URL: [Curriculum Overview](#)

At Woodgrove High School, students and staff have participated in these activities as part of our FACETIME sessions. Participation in these activities is part of the requirements to provide the open wireless to students.

For additional information on access to the open wireless at WHS, please contact the school administration, or our Technology Resource Teacher, William Hicks ([William.Hicks@lcps.org](mailto:William.Hicks@lcps.org)). Please join us in the WHS library on February 8<sup>th</sup>, at 7:00 PM for a short presentation on the BYOT initiative and the Phoenix parent portal, ParentVUE.

Best regards,

William S. Shipp  
Principal



# Digital Drama

When it comes to discussing social media, it's important that adults and kids speak the same language. What grown-ups think of "cyberbullying" might be explained away by kids as "digital drama." But it's not trivial. Digital drama brews in the offline world and simmers online when kids feel emboldened to say or do things that they wouldn't face-to-face. Checking in with kids and observing them as they interact with technology can ensure your conversations are productive and helpful.

- **Ask how they are ... then ask again.**

It may seem simple, but ask your kids how they are doing on a daily basis. Also, watch for telltale signs that they are suffering from digital drama — a change in mood or behavior — as your kids interact with their phone and other devices. They may be absorbing subtle social messages in not-so-healthy ways. Ask lots of questions to determine how your kids view media and interact with technology. What are their favorite tools? Why do they value technology? What are some benefits as well as pitfalls of our 24/7 world?

- **Hit the pause button.**

If your child is on the receiving end of someone else's hurtful online behavior, encourage him to "take it offline." It may be tempting to continue the conversation online; however, face-to-face can be more constructive. The lack of body language, facial expressions, and tone with online communication easily can lead to misunderstandings. Encourage kids to "walk in another's shoes" to make sure that they are considering all perspectives. At the very least, "taking it offline" will give your child time to process how to act — rather than just react.

- **Read between the lines.**

With the popularity of photo sharing, kids often receive evidence that they were not included ... which then leads to feelings of exclusion. Imagine your child seeing a photo of friends at dinner and realizing that she was not invited. While it is true that no one is included in everything, it is a hard rite of passage for kids to learn — and often they just need a sympathetic ear or an alternative social activity. Unfortunately, some kids use online photos to intentionally tag the kids who weren't invited — a not-so-subtle message of exclusion. In these cases, let your children know that they are supported, and talk about strategies to mend a rift or dispel a fight.

# WOODGROVE HIGH SCHOOL NEWS

## FREE LITTLE LIBRARY

The WHS library has a “Free Little Library” available to students and staff. The motto is, “Need a Book? Take a Book. Read a Book? Leave a Book.” While books are being taken, not many are being put on the shelf. We are looking for book donations (used books) appropriate for young adults and adults to replenish our free library.

Thank you in advance for your donation.

Library Staff:

*Sherry O'Connor*

*Bob Kane*

*Carolynn  
Hawthorne*



## McDowell's Super Stars



Arianna Larson, a junior in the Personal Finance classes here at Woodgrove, was chosen to attend the Math X Economics workshop sponsored by the Board of Governors of the Federal Reserve System in Washington, DC in December. The goal of the program was to introduce students to economics as a potential course of student in college, and as a future career option.



Congratulations to Sarah Root....she will attend the University of Tennessee at Chattanooga on a full volleyball scholarship in the fall. Well done Sarah! The volleyball coaching staff, players and community are very proud of you!

The workshop included a panel discussion of economists that work at the Federal Reserve, who shared experiences that brought them to economics and their careers. The students participated in an interactive game of supply and demand and participated in a presentation about money. Arianna came back with \$100.00 bag of shredded money.

Forty students from the Washington area participated. Arianna said the experience showed her career options that she hadn't thought about.

Arianna is the daughter of Peter and Kristi Larson of Purcellville.

# WOODGROVE HIGH SCHOOL NEWS



Woodgrove's Global Ambassador's Club wants to make the Woodgrove family aware of our club and all of the exciting news that we have.

In April, we are hosting 20 students from Hungary and 4 students from China in the Loudoun International Youth Leadership Summit. This is a Loudoun Summit that is gathering students from over 20 international schools around the world to create a "Real World U.N."! Students will research hot foreign relation topics and then discuss them with each other in dialogue meetings. Some of these topics include migration, access to education, and human rights. The students will also participate in field trips around Virginia and D.C. while they are here to experience highlights of American history.

Also, we have the amazing fortune to welcome former Secretary of State Madeleine Albright to our school so that she may speak to our students and the entire foreign delegation of International Students.

All of this costs money. We are in the process of trying to raise funds. We are hoping that you may help us to meet our goal of \$4,000.00. Please take a look at the events we have planned and consider helping us out:

1. Silent Auction: February 17th at Woodgrove before the Course Information Night. Please consider donating an item for auction or coming to bid on an auction.
2. Chick-Fil-A Woodgrove Night... All you need to do is go to Chick-Fil-A with a flyer

and we get part of the proceeds! (date pending.. we will update you in March)

3. Buffalo Wild Wings Woodgrove Night in Leesburg. All you need to do is go to BWB with a flyer and we get part of the proceeds! (March 17)
4. **Simply donate money! It's our first year so we could use any help at all!**

For questions or to contact us, please email [diana.miner@lcps.org](mailto:diana.miner@lcps.org) [heidi.mcphillips@lcps.org](mailto:heidi.mcphillips@lcps.org) or [maggie.mulloy@lcps.org](mailto:maggie.mulloy@lcps.org)



## FCCLA Sponsors a **Valentines** Parents Night Out

Woodgrove FCCLA students are providing a childcare service for parents that would like a night out. This is a fundraising effort for those attending the FCCLA State Conference in Virginia Beach this spring. The members will be in the Family and Consumer Sciences Department from 5:00 to 9:00 pm on Friday, February 12. Activities for K-5<sup>th</sup> grade will be provided. Popcorn and pizza will be served. The cost is \$20.00 for the first child and \$5.00 for each additional child.

Please email the FCCLA sponsor, Kathy Bohnsack at [Kathleen.bohnsack@lcps.org](mailto:Kathleen.bohnsack@lcps.org) to register your children for a fun night out for all.







*(and also save the clothing and treasures  
you are willing or wanting to donate)*

## The 5th Annual **SHARE AND SHOP** is coming!!! Saturday, April 9<sup>th</sup>

Donations may be dropped off the week beginning April 4th

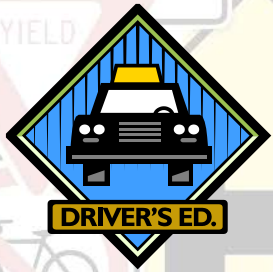
- spring/summer clothing,
- books,
- toys,
- household items,
- shoes,
- sporting goods,
- formal wear

**Please plan to come and shop!!  
Everything is free and there are  
refreshments, too!!!**



# 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.

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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

The Student Council has submitted materials for the **Achievement and Excellence Awards** for the upcoming state convention in April. We have a delegation of eleven students going, along with our very own Ryan Thomas who will be presiding as the State President at the 90<sup>th</sup> annual event.

On Thursday, January 14<sup>th</sup>, students filled out **Data-Match** forms in homeroom flex. Data Match is a compatibility survey that helps people find others with similar interests. The results were on sale during the first few days of the month, and the money raised help defer the cost of the state convention.

**National Hat Day** was on Friday, January 15. Students were able to wear a hat all day long for \$1. Almost \$150 was raised for our charity of the year, The Joe Cassella Foundation.

The Student Councils and Class Councils are continuing to work on details for the upcoming **Winter Dance**, which is on February 20<sup>th</sup>. Dance Permission Forms (required for all students and guests attending) are available on the school website, the Student Council webpage, and in the main office. All forms are due by Friday, February 12. Tickets will be on sale the following week in the main lobby, before school.

- + Tuesday and Wednesday, February 16 and 17 = \$10 each, or \$15 per couple
- + Thursday, February 18 = \$15 each, or \$20 per couple

On January 8th, the **Spirit Days for Snowcoming Week** were voted on at the General Assembly Meeting.

- + Tuesday, February 16 – Childhood Character Day
- + Wednesday, February 17 – College Day
- + Thursday, February 18 – Twin Day
- + Friday, February 19 – Jersey Day

Finally, the **100<sup>th</sup> Day of School** is fast approaching, on Thursday, February 18! We're holding another Door Decorating Contest, run through our FACetime groups. Decorating details are available on the Student Council webpage.



## INFORMATION ABOUT NOROVIRUS FOR PARENTS

At this time of the year, families are seeing an increase in gastroenteritis which is an inflammation of the stomach, small intestine, and large intestines. Although it may have many causes, the most frequent one appears to be “Norovirus”. The following information from the Virginia Department of Health may prove helpful in understanding it.

### WHAT ARE NOROVIRUSES?

Norovirus is a virus that causes the “stomach flu”, or vomiting and diarrhea, in people. This can sometimes be confusing because influenza (flu) symptoms include: headache, muscle aches and pains, cough, fever > 100.0, but influenza does not involve the gastrointestinal tract. The term “stomach flu” presumes a viral infection, even though there may be other causes of the infection. Viral infections are the most common cause of gastroenteritis but bacteria, parasites, and food –borne illnesses (such as shellfish) can also be the offending agents.

### WHAT ARE THE SYMPTOMS OF ILLNESS CAUSED BY NOROVIRUSES?

Norovirus illness usually begins 24-48 hours after exposure, but can appear as early as 10 hours after exposure. Symptoms usually include nausea, vomiting, diarrhea, and stomach cramping. Sometimes there may be a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness is usually brief, with symptoms lasting only 1-2 days.

### HOW SERIOUS IS THE NOROVIRUS?

Norovirus disease is usually not serious, but people may feel very sick. Most people get better within 1-2 days, and have no long-term health effects from the illness. Sometimes individuals are unable to drink enough liquids to replace what they have lost through vomiting and diarrhea, and they can become dehydrated and need to see a doctor. This problem usually occurs only among the very young, the elderly, and persons with weakened immune systems.

### HOW IS IT SPREAD?

Noroviruses are very contagious and spread from person to person. The virus is found in the stool, and vomit of infected people. One can become infected in several ways, including eating food or drinking liquids that are contaminated by infected food handlers, touching surfaces or objects contaminated with norovirus and then touching their mouth before handwashing, or having direct contact with another person who is infected and then touching their mouth before hand washing. Outbreaks also have occurred from eating undercooked oysters (shellfish) harvested from contaminated waters- cooking kills the virus. Drinking water contaminated by sewage can also be a source of these viruses. Persons working in day- care facilities or nursing homes should pay special attention to children or residents who have norovirus illnesses. This virus can spread quickly in these places.

## HOW LONG ARE PEOPLE CONTAGIOUS?

Individuals infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, good handwashing is important. Persons infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover. Infected people do not become long-term carriers of norovirus.

## WHO GETS NOROVIRUS INFECTION?

Anyone can become infected with these viruses. Because there are many different strains of norovirus, norovirus infection and illness can re-occur throughout a person's lifetime.

## WHAT IS THE TREATMENT?

Currently, there is no specific medication or vaccine for norovirus. Norovirus infection cannot be treated with antibiotics. By drinking fluids, such as water or juice, individuals can reduce their chance of becoming dehydrated. Sports drinks do not replace the nutrients and minerals lost during this illness.

## DO INFECTED INDIVIDUALS NEED TO BE EXCLUDED FROM SCHOOL, WORK OR DAYCARE?

Since the virus is passed in vomit and bowel movements, students should not go to school and children to daycare while they have diarrhea or vomiting. Once the illness ends, they can return, but handwashing is essential. Persons who work in nursing homes, take care of patients, or handle food should stay out of work until at least 3 days after symptoms end.

## CAN NOROVIRUS INFECTIONS BE PREVENTED?

You can decrease your chance of coming in contact with noroviruses by:

- \*frequent hand washing with warm water and soap
- \*promptly disinfecting contaminated surfaces with household chlorine bleach-based cleaners
- \*washing soiled clothing and linens
- \*proper hand washing following a bowel movement or handling a soiled diaper
- \*avoiding food or water from sources that may be contaminated
- \* cooking oysters (shellfish) completely to kill the virus

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 6

February, 2016

### Sports Injuries

#### Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is a common problem affecting individual who perform strenuous and repetitive hand and wrist motions. CTS is a compression of the median nerve, which runs from the forearm to the hand through a narrow gap in the wrist called the carpal tunnel. CTS is progressive, so symptoms can gradually increase over time. Symptoms of CTS include numbness, tingling, burning and weakness in the hand, and a dull ache in the wrist and forearm that often worsen at night. Sports like golf, rowing, swimming and most racquet sports have a higher risk of developing CTS.

As with the rest of your body, it is important to warm up the wrist and hand before engaging in strenuous activity. Although there is no proven strategy to prevent CTS, there are a few precautions that may help to minimize the stress on your hands and wrists:

- If you play racquet sports, relax your grip and use less force. Also, try a larger grip with more padding to reduce stress and shock to your hand and wrist.
- Watch your form. Try to keep your wrists in a neutral and straight position. Avoid keeping the hand bent forward, as this tends to pinch the carpal tunnel.
- Watch your posture. When your shoulders are rounded forward and your neck and shoulder muscles are shortened, it compresses the nerves in your neck. This can affect the nerves all the way down to your fingers.

There are various methods to treat CTS. The most common is wearing a wrist brace or splint to rest the wrist and keep it in a neutral position especially when you sleep at night. Worst cases may involve surgery to release the carpal tunnel. CTS is a problem that should not be ignored because it will often become worse and progress to the point where surgery becomes necessary.

**February, 2016**

## **Illness**

### **Mononucleosis**

Mononucleosis (Mono) is an acute medical condition commonly encountered in active adolescents and very young adults. Although, Mono is self-limiting and rarely requires more than symptomatic management, it poses a consistent challenge for the medical professional with regard to safe return of the athlete to competitive sports.

Mono results from an infection caused by the Epstein-Barr virus which typically enters the body through mouth and nose secretions and infects B lymphocytes. Initially patients experience a 3-5 day period of headache and tiredness that is then followed by 5-15 days of prominent fatigue, sore throat, tonsillar enlargement, fever and swollen lymph nodes. An enlarged spleen may develop in more than 50% of patients. Although it is variable, the total time to recovery is 4-6 weeks.

Testing to confirm Mono can be a challenge. The most widely employed test is the monospot test. However, as many as 10-15% of patients will have a false-negative or a false-positive result. For athletes in general and particularly those in contact/collision sports, the single most important complication to be considered is a splenic rupture.

The risk for splenic rupture is highest in the second and third weeks of the illness. For athletes it is this clinical feature that usually mandates a 21 day disqualification period from sport activities. Consequently, many athletes who appear to have normal spleens in clinical exams do indeed have enlarged spleens, which can be injured.

After the 3 week rest period, the athlete may begin a gradual return to low impact, non-contact training at 50% intensity for one week. Then usually at 4 weeks they can return to full participation, even contact sports.

# 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

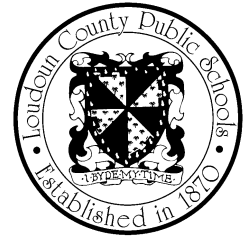
## Business & Financial Services

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:

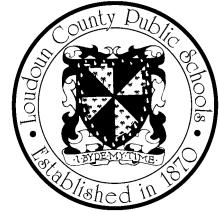
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

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.

