



WOODGROVE HIGH SCHOOL

Principal's Message

October 2016

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

Don Keener

Assistant Principal

Tim Panagos

Assistant Principal

Geri Fiore

Director of School
Counseling

Rusty Lowery

Athletic Director

What an exceptional opening to the year we have had! Many thanks to everyone who assisted us with making the 2016-2017 beginning so outstanding! We currently have 1617 students attending Woodgrove High School. Ninth graders have made the transition to high school and have quickly become an integral part of our school. As we move through the fall, we will continue to place an emphasis on making meaningful connections with each student. I truly believe a sense of belonging and family is important to the overall success of our students.

In September, we held our Back-to-School Night. Many thanks to all those parents and guardians who attended and made the evening so successful. I continue to urge all parents and guardians to stay involved in the school life of your son/daughter. Please note that the ParentVUE portal is open. At this site, parents, guardians and students can stay updated on student assignments and grades. If you have any questions regarding ParentVUE, please contact the school and/or specific teacher. Also, ParentVUE will continue to serve as our source for interims. If you would like a hard copy of your son's or daughter's interim, please contact our Counseling Office and they will be sure to send a copy to you.

Once again, the year is off to a great start! We offer much gratitude to the PTSO, the WMAA, and the WWABC for their efforts to support the school. These groups have planned many exciting activities for this year and I do encourage you to participate.

Whether you are a father, mother or guardian of a student at Woodgrove, I urge all of you to be involved with the school in some capacity. Best wishes to everyone, and thank you for your continued support.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

Welcome class of 2016-2017 to another exciting school year here at Woodgrove. We look forward to assisting you in your scheduling needs and post-secondary goals. Stop by the School Counseling office and get acquainted with our staff.

2016-2017 Counselor Assignments

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

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

Upcoming Events

Monroe Technology Center Open House

Thursday, October 20th from 7:00pm - 8:00pm interested students and parents are invited to learn more about the program opportunities at MTC. For more information visit www.lcps.org/mtc.

Job-4-A-Day

The JOB-4-A-DAY program for high school Juniors and Seniors will be on **Wednesday, November 16th & Monday, November 21st**. The portal to learn more about this great opportunity and find out how to submit your application will open on October 19th. Click [here](#) at that time.

Monroe Technology Shadowing Day

Shadowing brings the classroom to life! On **Monday, November 14, 2016**, 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. This year all interested students must apply online by **November 1st**. Completed field trip forms must be turned into Mrs. Sutphin by **November 4th**. For links to the online application and field trip form click [here](#).

Career Center Visits & Info

Visits this year will take place mainly during the Den Time block.

Students must register for visits through [Naviance](#) / [Family Connection](#).

Those who are not on the list will not be permitted to attend. Attendees will receive a Den Time pass prior to or can print their registration from Naviance to serve as your pass. Please visit Mrs. Sutphin in the Career Center with any questions.



10/3 at 2:30 pm	Wheaton College
10/5 at 9:30 am	Virginia State University
10/5 at 2:30 pm	Longwood University
10/6 at 11:00 am	West Virginia University
10/6 at 2:00 pm	James Madison University
10/11 at 11:00 am	Muhlenberg College
10/11 at 2:30 pm	Kent State University
10/12 at 2:30 pm	Vanderbilt University
10/13 at 11:00 pm	McDaniel College
10/17 at 11:00 am	Baylor University
10/17 at 11:30 am	Old Dominion University
10/18 at 2:00 pm	Christopher Newport University
10/18 at 2:30 pm	Radford University
10/21 at 10:30 am	Johnson & Wales University
10/21 at 2:30 pm	Hollins University
10/25 at 11:00 am	Georgia Institute of Technology
10/25 at 11:30 am	Roanoke College
10/27 at 11:00 am	Ferrum College
10/31 at 11:00 am	Alderson-Broadus College

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

October 14, 2016 – Intent to Audition forms due to Director of School Counseling

November 7, 2016 - LCPS Auditions at Riverside High School

December 16, 2016 - Applications are due to Director of School Counseling for review

Academic Programs

December 16, 2016 - Applications are due to Director of School Counseling for review

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



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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

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

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

- [Varsity Tutors Scholarship - \\$1,000 winner each month](#) – Due the 1st – 15th of each month
- [Sigma Mu Mu Chapter of the Omega Psi Phi Fraternity, Inc. - Essay Contest](#) – Due 10/21/16
- [2017 Elks Most Valuable Student Scholarship](#) – Due 11/30/16
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/17



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. Tests will take place throughout Loudoun County.

Woodgrove High School will be offering the test on **October 19th at 9:00am** for seniors while underclassmen are taking the PSAT.

If interested, you can register or get more information [here](#).

Monthly Military Visit Schedule



3rd Tuesday 12:00 PM	1st Thursday 10:45 AM	3rd Tuesday, every quarter 11:00 AM	2nd Tuesday 10:45 AM	2nd Friday 12:00 PM
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2016-2017 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
October 1	9/1	9/20
November 5	10/7	10/25
December 3	11/3	11/22
January 21	12/21	1/10
March 11	2/10	2/28
May 6	4/7	4/25
June 3	5/9	5/24

* Class of 2017, be sure to check your college/university's website regarding SAT scores for the new test format. To learn more about the new, redesigned SAT test, visit <https://collegereadiness.collegeboard.org/sat>.



www.actstudent.org

Test Date	Registration Deadline	Late Registration
October 22 @ WHS	9/16	9/30
December 10	11/4	11/18
February 11	1/13	1/20
April 8	3/3	3/17
June 10	5/5	5/19

Looking for SAT/ACT Prep Options?

The annual **PSAT** at Woodgrove is scheduled for Wednesday, October 19th. All 9th, 10th and 11th grade students will be testing.

Saturday, October 29th, **Kaplan** has partnered with our **PTSO** to provide an SAT/ACT Combo Practice Test here at Woodgrove. The deadline for registering is October 24th. Stop by the School Counseling Department for more

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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!

Registration for **Kaplan's** free PSAT Prep Live has begun. Highly-rated, expert instructors will review all the areas of the exam, streamed live online leading up to test day. Register now by visiting www.kaptest.com/psatpreplive.

Leadership, Volunteer & Job Opportunities

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

UVA High School Visitation Program

The Society of Women Engineers at the University of Virginia invites high school seniors and juniors to apply to our High School Visitation program on Saturday, November 19, 2016. The program gives young women a comprehensive look at engineering fields and UVA's engineering curriculum through informative speakers and hands-on design activities. The program is designed to benefit participants with all levels of engineering experience, but we particularly target those students who are not yet familiar with the field and may be interested in applying to engineering schools or pursuing a STEM career.

To apply, students should complete the [HSV Fall 2016 Application](#). This fall session particularly targets high school seniors, but juniors can also apply. Students who have previously applied to HSV, are in the targeted grade level, and demonstrate a strong interest in engineering through their essay will receive priority acceptance and priority consideration for an overnight stay.

The attached flier provides more information about the event and instructions on how to apply online through our [website](#).

The application must be completed online by **11:59 pm on Saturday, October 22, 2016**.

More Than Cheer

More Than Cheer is currently expanding and hiring additional staff. If you know any past or present students or staff with (fall or winter) cheer, dance, or gymnastics experience looking for a part-time or full-time job please send them our way. The pay is VERY competitive and we work around the high school cheer schedules of all of our

employees. Interested candidates can email us at Loudoun@morethancheer.com or call our studio at 571-210-5323.

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!

SOS Signs of Suicide Program

Program Description

The teen years are often a roller-coaster ride of emotions, with this time being especially susceptible to wide variations in mood. It is easy to misread depression as normal adolescent turmoil; depression appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double. Suicide is the third leading cause of death for teenagers, and there are often warning signs that are overlooked to prevent these tragedies. To increase awareness of the signs of depression and suicide risk, Woodgrove High School will be implementing the SOS Signs of Suicide Program during the school year to ninth graders enrolled in health classes and booster sessions of this program to the tenth, eleventh, and twelfth grade students. The program educates students by helping teens understand the connection between untreated mental illness and suicide and by teaching students how to deal with these signs as a mental health emergency. This program uses video clips to present situations and to generate discussion about identifying and responding to signs of depression and suicide. The program will be facilitated by school psychologists, school social workers, and school counselors. In addition to the student presentations, presentations for staff and for parents are also planned. The parent presentation will occur at the November PTSO meeting at 6:30 p.m. on November 1, 2016.



Common Sense on Digital Life

What's the Issue?

We may think of our kids' online, mobile, and technological activities as "digital life," but to them, it's just part of life. Their world is as much about creating media as it is about consuming it. Media devices have converged and become extremely powerful and portable. Phones aren't simply for phone calls anymore but for listening to music, sending texts, filming videos, snapping and sharing photos, and accessing the Internet. Our kids use their computers to do their homework, but they also use them to socialize, stream video, and create movies and songs. And they can connect and communicate 24/7 from just about any location.

Why Does It Matter?

We want our kids to make good decisions so they can take advantage of the powerful technology that fills their lives. In order to make good choices, kids must know how the digital world works. The very nature of the constantly connected culture means kids must understand the concept of privacy, so that what they post and create won't hurt or embarrass them at some point in the future. The fact that much of digital communication is anonymous means that consequences that might seem obvious in face to face interactions may not be as clear online. Much of the task of childhood and adolescence involves figuring out who you are. But in digital life, anything said or posted can live on indefinitely and create undesired consequences.

The stakes are high because our kids' technological abilities can be greater than their maturity and judgment. Having unrestricted access to information and people can result in gaining a wealth of information and experiences. But it can also mean accessing inappropriate contact and content. The difference between a great experience and an iffy one lies in the decisions kids make. Just as kids learn to eat properly, swim safely, or drive a car carefully, they need to know how to live in the digital world responsibly and respectfully. Their ultimate success depends on their abilities to use digital media to create, collaborate, and communicate well with others. Those who master these skills in using digital tools will be able to harness the digital world's awesome power.

common sense says

Teach kids the skills they need to use technology wisely and well. It's hard to be a gatekeeper in a world with no fences. Parents have little control over the flow of information to their kids, who see too much, too soon. We no longer hear conversations or see what our kids create and share with others. Since we cannot cover their eyes, or shadow them everywhere they go, we need to teach them how to behave responsibly in the digital world.

Keep an open mind. We don't see the world the way our kids do. And we don't help our kids when we judge their lives through the lens of a non-digital world. It's important for us to understand that our kids will spend much of their lives in a connected world, where everyone creates and communicates.

Don't be afraid. Parents can't afford to be technophobic. Our kids adopt technologies faster than we do. That means they're often way out in front of us. This fact can upset the parent-child relationship. So get in the game. Have your kids show you how to do something online if you don't already know.

Share wisdom. Kids often don't understand the implications of their actions. But we do. So we have to remember to extend our basic parenting wisdom to the digital world. We teach kids to choose their words

carefully, play nicely with others, and respect their teachers. Now we have to extend those lessons to a vast, invisible world.

Pass along your values. One of the most important jobs of parenting is instilling in your kids the values you cherish. But in a digital world where actions are often divorced from consequences, where kids can be anonymous, and where they aren't face to face with the people they communicate with, they can lose their way. As parents, we have to be able to translate our values into the digital world and help kids understand the implications of their actions.

Seek balance. It's hard to know how much freedom to give kids. We want them to explore, enjoy, communicate, and create. We also want to be sure they are protected, or know how to protect themselves. If our kids are going to thrive with digital media, we must balance the negative with the positive, privacy with protection. As our children grow, they need more independence and privacy. But parents have to be sure their kids know how to be safe and responsible before letting them loose. Kids need to see both the possibilities and the perils of digital life, so they can act responsibly and seize all that is wondrous about digital media to enrich their lives.

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



Picture Day

Senior Picture Final Re-takes

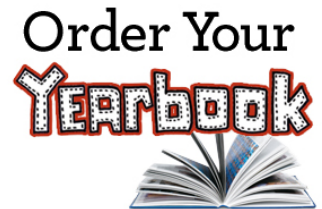
Any student who still needs to get a senior photo for the yearbook or who wishes to get re-takes has one more opportunity. The final dates are Oct. 24 and 25. Students who wish for re-takes must call Lifetouch in order to be scheduled, at 800-445-1189. All students who wish to be in the yearbook must be photographed by Lifetouch.

Underclass Re-takes

Ninth, tenth, and eleventh grade picture makeup day is November 3rd.

Yearbook Orders

Yearbooks are on sale now for a base price of \$65 at jostensyearbooks.com. This price goes up at the end of October, so order today!



Baby Ads

Seniors who wish to purchase a baby ad in this year's yearbook are reminded that the deadline is Monday, October 17th. Forms were sent home earlier in September to students' home addresses. If you want another copy of the form, please visit the yearbook page on the Activities tab of the school website.

From the Global Ambassadors Club

Woodgrove families,



We are so fortunate to be hosting International students again this year for our annual Woodgrove Global Conference! Last year was a huge success! Our students will be able to form cultural friendships with students from Panama, Hungary, and China!



It is imperative that we find parents who would be willing to host a student from March 24th to April 2nd, 2017. Without you, we can't make this happen!

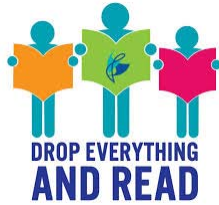
If you would kindly consider this, it would be much appreciated. Please contact Diana Miner, Heidi McPhillips or Maggie Mulloy at their school email.

Thank you!

WOODGROVE HIGH SCHOOL NEWS

Got Books?

As you may have heard, this year we modified our Flex/Study Hall program into a more structured “DenTime” period and part of that change involves having “DEAR” (Drop Everything And Read) time during the first 20 minutes the block. During this time, all students and staff will read a book of their choice, school-wide. It is a chance to get every student hooked on independent reading as a life-long habit, which has a multitude of benefits.



To support this, we are hoping to have a set of reading material in every classroom for students to read if they do not already have a book when they come into DenTime. If you have any *school appropriate* books or magazines at home that you would be willing to part with, even if it is only a handful, please drop them off in the main office and we will distribute them to DenTime teachers. If you have any questions about our new DenTime program or DEAR initiative, feel free to contact our English Department Chair at Christopher.Cuozzo@lcps.org.

Athlete 2 Athlete Club Sign Up

The Athlete 2 Athlete Club was created back in 2013 by Woodgrove Alumnus Hannah Maad. A2A is a club led by student-athletes from all grade levels. **As volunteers, we host sporting events for individuals that have intellectual and physical disabilities.** The focus of each event is to have fun through the love of sports. Our events for this year are as follows:

Upcoming Events for the 2016-17 School Year

- Volleyball: **November 5**, Main Gym
- Basketball: **February 4**, Main Gym
- Soccer: **April 22**, Stadium Field

*All events will take place from **2:30-4:30 PM**

In order to become a member of the Athlete 2 Athlete club, students will need to pay \$5 in Club dues to Ms. Barrett in room 508. The club meets on “Blue” club days. Once club dues are paid, students will receive a “Blue Club” pass. The next club meeting will occur on October 6th. If you have any questions, feel free to email Ms. Barrett (erin.barrett@lcps.org).



7TH ANNUAL
WOODGROVE HIGH SCHOOL
POWDER PUFF
FOOTBALL



Seniors



vs



Juniors

Wednesday, October 5, 2016
6:30 - 8:00 PM
Woodgrove High School, Purcellville, VA

GENERAL ADMISSION \$5.⁰⁰

Concessions will be OPEN

(Concession proceeds go to support the Marching Band)

3RD ANNUAL MENTAL HEALTH AWARENESS

Powder Puff GAME



Sisters ON THE GRIDIRON

Bringing Our Students and Community Together

Thursday, November 3, 2016

7:00 - 9:00 PM


Woodgrove High School, Purcellville, VA

GENERAL ADMISSION: \$5.⁰⁰

Additional Donations Accepted

(Proceeds go to support the Friends of Loudoun Mental Health)

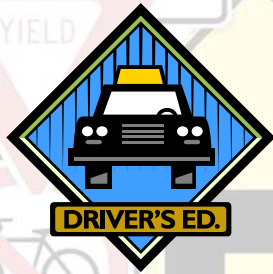



Friends
of Loudoun Mental Health
Assistance • Advocacy • Awareness
Serving Loudoun County since 1955



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 average to sign up after
completing Module 5.

WOLVERINE SPORTS MEDICINE

Volume 7, Issue 2

October, 2016

Sports Injuries

Burners and Stingers

When the bundle of nerves (brachial plexus) that run from the back of your neck down into your arm is stretched or pinched, you can get a "burner" or "stinger". You feel an instant sharp pain or what feels like an electric shock from your shoulder down into your arm to the fingertips, as if you stuck your finger in an electric socket. Your arm may feel numb or too weak to lift from your side into a throwing position. Usually burners or stingers resolve within a few minutes.

Burners or stingers are a common injury among football players and athletes in other contact sports such as wrestling, rugby, and hockey. When you get hit on the top part of the shoulder and your neck if driven one way and your arm the other way, the nerve gets stretched. You may also get burners or stingers in a car crash, by carrying a backpack that is too heavy or cradling a telephone under your neck while reaching for something.

Seek immediate medical attention if both of your arms are affected, you have neck pain or you lose consciousness. If you've had burners or stingers on several occasions, it is important to see a physician to make sure your burning sensation is not a result of a more serious condition such as a slipped disk or spinal cord stenosis.

You should have normal strength and no pain in your neck or arm before you return to sports. If you return too quickly, you are more likely to be re-injured.

Ways to prevent getting a burner or stinger include:

- Make sure you're using correct sports techniques such as proper tackling.
- Strengthen your neck, back and shoulder muscles.
- Consider using protective equipment such as a "cowboy collar" for football players.
- If you carry a heavy backpack, lighten the load or use both straps.
- If you use the phone a lot, consider getting a headphone.

October, 2016

Nutrition

Ferritin

Ferritin is a protein found principally in the liver, skeletal muscles, spleen and bones. It stores iron in these areas so your body can use it in the future. The majority of iron stored in your body is found in ferritin. Low ferritin levels may lead to: anemia, extreme fatigue, impaired cognitive performance, suboptimal metabolism, susceptibility to infection and compromised immune system and brain development.

Low ferritin levels can occur in both male and female athletes. At least 25% of athletes can be expected to exhibit low ferritin levels without being anemic. Athletes who are most susceptible are ones with: low dietary iron intake, GI bleeding and sweat loss, menstrual losses and high training levels.

How much ferritin do you need is more controversial. It is thought that the optimal level for males should be at least over 100ng/ml per day and the optimal levels females should be 40-80ng/ml per day. Foods that contain good sources of iron are: liver, beef, chicken, salmon, lentils, beans, potatoes, quinoa, spinach, broccoli, apricots, pumpkin seeds, thyme, dark chocolate, molasses, tofu and temph.

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.



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!



LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
[CLICKING HERE](http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus)

<http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus>



INFORMATION FOR SCHOOL
BUS ROUTES CAN BE FOUND
[BY CLICKING HERE.](http://www.lcps.org/Page/172774)

<http://www.lcps.org/Page/172774>

Woodgrove High School Bell Schedules 2016-2017 School Year

Period	Normal Day				One-Hour Delay Day		Two-Hour Delay Day	
	Regular Schedule		FACEtime/Clubs Schedule		Time	Min.	Time	Min.
	Time	Min.	Time	Min.				
1 or 5	8:55 - 10:30	95	8:55 - 10:20	85	9:55 - 11:16	81	10:55 - 11:59	64
2 or 6	10:35 - 12:03	88	10:25 - 11:44	79	11:21 - 12:33	72	12:04 - 1:01	57
FACEtime or Clubs			11:49 - 12:19	30				
Open Lunch			12:19 - 12:55	36	12:33 - 1:09	36	1:01 - 1:37	36
3 or 7	12:08 - 2:10	92	1:00 - 2:19	79	1:14 - 2:26	72	1:42 - 2:40	58
Lunch Shift 1	12:03 - 12:33	30						
Lunch Shift 2	12:35 - 1:05	30						
Lunch Shift 3	1:07 - 1:37	30						
Lunch Shift 4	1:39 - 2:10	31						
4 or 8	2:15 - 3:43	88	2:24 - 3:43	79	2:31 - 3:43	72	2:45 - 3:43	58

	A Days	B Days
Lunch Shift 1		
Lunch Shift 2		
Lunch Shift 3		
Lunch Shift 4		

Notes concerning a Delay Day:

1. If a Delay occurs (or if school is cancelled) on a day that is planned as FACEtime or Clubs, the FACEtime/Clubs will be postponed **one day**, unless that rescheduled day already has an event planned. In this case, the FACEtime/Clubs meeting will be cancelled for the week.
2. If the rescheduled day also has a Delay (or if school is cancelled), the FACEtime/Clubs meeting will be cancelled for the week.

Loudoun County Public Schools

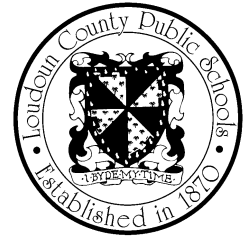
Business & Financial Services

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.

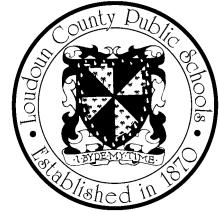
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff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