



WOODGROVE HIGH SCHOOL

Principal's Message

November 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

Many thanks to everyone for an outstanding October. A special thank you to our We're All Human group for bringing A Will to Survive to our school. The performance offered such a powerful and uplifting message regarding the importance of supporting each other and mental health awareness.

As our year moves rapidly by, please remember that the first grading period ends on Friday, November 4, and report cards will be distributed to students Wednesday, November 16. Please also mark on your calendars that Monday, November 7, and Tuesday, November 8, will be student holidays/teacher workdays. If you have any questions regarding your son's or daughter's classes, we once again are hosting a parent-teacher-student conference day on Monday, November 7. You may come to school and meet with your son's or daughter's teachers from 9 AM to 11 AM in the school's main gymnasium. Please contact our counseling office with any questions.

Students have completed a refresher for the Digital Citizenship curriculum, as part of Loudoun County's Bring Your Own Technology (BYOT) initiative. This curriculum provides students with information regarding how to make appropriate choices on-line. For more information regarding BYOT and Digital Citizenship, you may open this link:

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

As we do turn the calendar to November, one can see many exciting activities planned for the students, parents, faculty and community members of the Woodgrove family. American Education Week is November 14 – 18. We have a number of activities scheduled for this week and I urge you to check the school calendar on our website and attend an event. I do want to point out that on Wednesday, November 15, Ms. Bartling and our fabulous cafeteria staff, will be preparing a Thanksgiving lunch for our school. Parents and guardians are encouraged to join us for lunch on that day. Please be sure to join us!

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

Please remember to vote on Tuesday, November 8.

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

William S. Shipp
Principal

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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 **BLUE** form and \$3.00 for each *mailed* transcript request.

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & MATERIALS DUE TO COUNSELOR AND/OR TEACHER
November 15	October 25
December 1	November 3 (to account for Thanksgiving Break)
December 15	November 17 (to account for Thanksgiving Break)
January 1	December 5 (to account for Winter Break)
January 15	December 19 (to account for Winter Break)
February 1	January 11
February 15	January 25
March 1 and Beyond	February 8

Upcoming Events

SOS Signs of Suicide Program Information and Parent Presentation

The parent presentation will occur at the November PTSO meeting at **6:30 p.m. on November 1, 2016**. 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.

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](#).

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.

2nd Annual HBCU College Showcase

Thursday November 17th, 6-9pm, Tuscarora High School, Leesburg, VA

An evening designed to expose our school community to the many options that exist by attending a Historically Black College and University. It is our attempt to attract as many HBCUs under one roof, with the primary focus being to educate and expose our school community to these institutions. A financial aid presentation, student panel forum, student banking information, and on-site application review with college admissions counselors, will be a part of the event as well. Spanish translation available. Contact Michael Newkirk, michael.newkirk@lcps.org, 571-252-1907 or Jennifer Reed, jennifer.l.reed@lcps.org, 571-252-1907 for more details.

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



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to serve as your pass. Please visit Mrs. Sutphin in the Career Center with any questions.

11/2 at 11:00 am	Lynchburg College
11/2 at 11:30 am	University of Maine
11/3 at 9:15 am	College of William and Mary
11/3 at 11:00 am	US Navy Recruiter
11/4 at 11:00 am	Virginia Commonwealth University
11/4 at 11:30 am	University of Mary Washington
11/9 at 11:00 am	Fashion Institute of Design and Merchandising
11/10 at 11:00 am	On-Site Admissions - University of Mary Washington
11/10 at 2:30 pm	Shepherd University
11/11 at 12:30 pm	ASVAB Interpretation Results
11/15 at 11:00 am	US Marine Corps Recruiter
11/15 at 12:00 pm	US Army Recruiter
11/16 at 9:30 am	St. Bonaventure University
11/28 at 10:30 am	On-Site Admissions - Radford University

University of Mary Washington's On-Site Admissions Guidelines

Attend the 11/4/16 college visit for the details or stop by the Career Center.

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 by November 14th
- Request your High School Transcript be sent to RU by November 14th
- Have taken the SAT/ACT on or before October 2016

Questions, please contact: James Pennix, Dean of Admissions, jpennix@radford.edu

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

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.



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
- [McDaniel College Educator's Legacy Scholarships](#) – Due with preferred college deadline date
- [2017 MLK Oratorical Contest & Brunch](#) – Due 11/21/16
- [2017 Elks Most Valuable Student Scholarship](#) – Due 11/30/16
- [GE-Reagan Foundation Scholarship Program](#) – Due 1/5/17
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/17
- [Tom Joyner Foundation - Full Ride Scholarship Program](#) – Due 1/20/17
- [The NHS Scholarship](#) – Due 2/1/17
- [Gloria Wille Bell and Carolos R. Bell Charitable Trust](#) – Due 2/1/17
- [2017 Legacy of Life Essay & Video Scholarships](#) – Due 3/31/17



Interested in the Military?

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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.

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

Monthly Military Visit Schedule

				
3 rd Tuesday 12:00 PM	1 st Thursday 11:00 AM	3 rd Tuesday, every quarter 11:00 AM	2 nd Tuesday 11:00 AM	2 nd Thursday 12:30 PM

2016-2017 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
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
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 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/psatprelive.

Leadership, Volunteer & Job Opportunities

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

Career Fair

Monday, November 14th 10:00am – 1:00pm at the Shenandoah Building, 102 Heritage Way, NE in Leesburg. This event targets the retail industry and seasonal employment opportunities. Many of the employers recruiting at this fair hire 16, 17 and 18 year olds. Please be prepared. Bring your resume and dress in interview attire. For more information call 703-777-0150.

Loudoun Gymnastics Seeking Talented High School Gymnasts or Cheerleaders for Coaching Employment

We are opening a gymnastics gym and are currently accepting applications for positions in our Recreational and Team Programs. We are seeking fun, energetic and reliable coaches to teach boys' and girls' Preschool and School Age Gymnastics classes, Trampoline and Tumbling classes, and also lead Birthday Parties, open play times, Parent's Night Out and No School Day Camps. Part-time to Full-time opportunities for the right candidate. Must have high school or equivalent education. For more information contact the Office Manager at 703-444-9298.

J. Crew Leesburg Outlet Job Opportunity

Part-time applicants must be 18, be available on weekends and holidays and feel comfortable in a fast paced environment. We are super flexible and offer a great discount. If you are interested call 703-737-6703 or email Store.052@jcrew.com.

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

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School Counseling News

positive changes in their own lives and the lives of others. Cash prizes will be awarded including a \$1,000 grand prize to the top team! Step Up Loudoun Youth is a collaboration between Loudoun Youth Inc., Loudoun County PRCS, Youth Advisory Council and Loudoun County Public Schools. Registration is open October 3rd – December 16th. For more information visit <http://www.loudounyouth.org/programs-2/the-step-up-loudoun-youth-competition/>

Banson NYC High School Fashion Summer Camps

We are excited to offer 2 NYC Fashion Summer Camps for high school students in 2017. They are designed for teens entering 9th through 12th grades. Each week-long session will teach the students the fundamentals of the fashion industry by providing an insider's perspective. The students will stay at the LIM College Residence Hall on the Upper Eastside. Each morning the group will be picked up at the dorm by a Banson NYC representative. From there we will depart for our visits, seminars and activities of the day. Each evening will have group activities planned. Enrollment is limited to 20 campers per session. We accept applications on a first come, first served basis. [Click here to be directed to our website.](#)

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!

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.

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.

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



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!



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.

Picture Day Underclass Re-takes

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

WOODGROVE HIGH SCHOOL NEWS

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).





Join the Theatre Arts Department as they present their Fall Main Stage A Midsummer Night's Dream. Shows are November 3, 5, 11, and 12 @ 7pm and November 6 and 13 @ 2pm. The cast of 27 has been preparing diligently since the beginning of school to wow the audience with our first foray into the world of Shakespeare.

Also, if you'd like to spend an afternoon with the Theatre Department join us on November 5 @ 11 am for 4 one-act plays from Conference 21-A. The 4 schools will be competing to represent Conference 21-A in Region 4A North competition on their way to state. It is sure to be an exciting couple of weeks. We'd love to see you there!!



And don't forget to like our Facebook page Woodgrove Theatre.

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



LET'S HONOR OUR VETERANS DURING SCHOOL LUNCH



FRIDAY NOVEMBER 11, 2016

**ALL STUDENTS ARE ABLE TO BRING
THE VETERAN AND ACTIVE DUTY
MILITARY FROM THEIR FAMILY TO
THE CAFETERIA FOR A
FREE FRESHLY BAKED COOKIE.**

**SCHOOL NUTRITION SERVICES THANKS ALL OF OUR
VETERANS AND ACTIVE DUTY MILITARY FOR
SERVING OUR COUNTRY AND PROTECTING OUR
FREEDOMS!**

LOUDOUN COUNTY SCHOOL NUTRITION SERVICES

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.

WOODGROVE HIGH SCHOOL

Woodgrove High School
Home of the Wolverines

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

The first quarter of the 2016-17 school year has been **record-setting** for the Class Councils and Student Council in so many ways! Our premier event so far this year has been Homecoming, *Vacations of a Lifetime*. Leading up to the big week, the Councils hosted the annual Fashion Show that showcased the many styles of Spirit Day outfits for the upcoming week, as well as introduced the members of the Court and gave them each an opportunity to answer an “interesting” question about themselves. Jake Stevens returned to the event as co-host, along with senior Annie Piland. The first record of the year was set as nearly \$925 was raised by the show!

The Spirit Days allowed the student body to be creative with their dress throughout the week, ranging from Animal Day and Hippie Day to the traditional Togas for seniors on Friday.

The four classes competed in the annual Mural Competition and Stairwell Decorating Contest. Congrats to the Senior Class of 2016 for their winning mural, scoring 216 out of a possible 250 points. And the prize for Best Stairwell Decorations went to the Sophomore Class of 2019! A job well done by all involved.



After a week of high energy, the last 45 minutes of Friday wouldn't have been perfect without the loudest pep rally in school history so far! The school was treated to an aggressive game of Human Angry Birds where Ms. Bingaman displayed her bird-launching ability, new cheers were taught, and the members of the Court competed in a dancing contest, and – of course – the senior men serenaded the senior ladies. The pep rally events helped add to the overall Spirit Plate point standings:

Sophomores – 521 points Seniors – 460 points

Juniors – 381 points Freshmen – 374 points

Later Friday, the Court joined the Marching Wolverine Band, the four Class Councils, and eight other WHS clubs and organizations in the annual Homecoming Parade from the bus loop to the stadium. Immediately after the Parade, the community was treated to a Block Party which preceded the big game. A huge thanks to the parent volunteers who helped with the party!

At halftime of the game, the Court was presented and seniors Shelby Mullen and Russell Blackwell were crowned this year's Queen and King. Congrats to the royal couple and all 22 members of the Court. And another huge thanks to the record-setting 861 students casting votes for this year's Court members.

The week did come to an outstanding end as over 915 students attended the Dance Saturday night. From 8 until 11pm, the gym was filled with great songs and even better dancing. Much of the money raised through the sale of the dance tickets will be turned back over to the students and staff throughout the year in a



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Home of the Wolverines

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variety of ways. One final thank you to the dozens of PTSO volunteers who helped in a number of ways to make this year's Homecoming a huge success!

Since Homecoming, the eligible voting members of the Councils have selected St Jude's Children's Research Hospital as our school charity of the year. Many events will be forthcoming as we work closely with helping this extremely worthy charity in its mission.

And finally, we're busy preparing for National American Education Week, the week of November 14-18. Please see the following flyer for how we'd love to have parents join us (and your student) for lunch and for a class or two on Wednesday, November 16. Go to the Student Council page of the school website to register. We'll see you on the 16th!





Join us at lunch for our Autumn Feast on Wednesday, November 16, 2016

Roasted Turkey w/wo Stuffing & Dinner Roll

Hamburger on Bun

Cheeseburger on Bun

Mashed Potatoes w/wo Chicken Gravy

Steamed Green Beans

Sweet Potato Soufflé

Fresh Fruit & Vegetable Bar

Milk



***Student Council will purchase lunch for the first 75
parents that register on the SCA webpage!***



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.

November Reminders from the Health Clinic:

Hello from your School Nurse.

Please be reminded that LCPS requires new physician's order/care plans each school year for the medication or specialized care which your child receives at school. Health conditions which require specific forms are: Severe allergy and Epinephrine auto-injector, Seizures, Asthma with Inhaler and /or nebulizer, Diabetes, Current Medical procedures, i.e. tube feedings, catheterization, New health concerns or Medical Procedures. You and your child's physician must complete and sign the proper form(s). The required forms are available in the clinic or online www.lcpc.org. Click on the Parent's tab and the forms will be found under Medication at School-for Parents. I will be happy to send a form home with your child if you need one.

All Over -the- Counter and Prescription Medications requires the Medication Authorization form to be completed. Parents must transport all medication to and from school. I cannot accept any prescription medication without current physician's orders.

Seasonal Allergies and Cold and Flu season has arrived! Please remind your child that the Health Clinic does not stock any type of cold medicine, throat lozenges, or cough drops. If your child is taking allergy medication remind them to take their medication and or eye drops at home as prescribed or over the counter medications as directed by you the parent or guardian. I don't want them to miss valuable class time coming to the clinic for medication I do not have to give them.

While good attendance is important to the learning process, illness compromises a sick child's learning and jeopardizes other students. A child who is experiencing symptoms of illness should not be sent to school. In deciding when to send a child back to school after having the flu, the Health Department recommends that your child be out of school for at least 3 to 5 days after fever and respiratory symptoms begin and a full 24 hours after fever (100.0 F or greater) subsides. Symptoms of seasonal "Flu-like Symptoms" are fever >100.0, cough, and body aches, fatigue., runny nose, mild to moderate chills, sneezing. Check with your health care provider for this year's flu vaccine.

Prevention Tips:

- Cough and sneeze into your elbow
- Wash hands with soap and warm water for a minimum of 15-20 seconds.
- Use hand sanitizer when soap and water are not available.
- Avoid touching eyes, nose or mouth without washing or using hand sanitizer first.
- Stay home if you are sick to avoid contaminating others

All of us have heard that breakfast is the most important meal of the day, yet a surprising number of students come to the clinic with stomachaches and headaches caused by not eating breakfast. The most common reason given for skipping breakfast is "there wasn't enough time to eat". If breakfast is skipped by mid-morning the student may have little energy available until their scheduled lunch block. I discuss with students that breakfast doesn't have to mean homemade waffles and pancakes. There are many quick and easy breakfasts that provide proper nutrition. They can also buy breakfast at the school cafeteria. Please remind your child to eat a healthy breakfast so they are ready to learn in the classroom.

As always, if you have any questions or would like to discuss a health concern of your child, please give me a call at 540-571-2606 (clinic)

Stephanie Lovasz, RN

WOLVERINE SPORTS MEDICINE

Volume 7, Issue 3

November, 2016

Sports Injuries

Finger Sprain

I'm sure everyone has seen an athlete wincing in pain and holding or shaking their finger. This can only mean one thing...that athlete has jammed a finger. As a particularly exposed part of the body, fingers can take a beating in any sport. Fingers are basically bone, tendon, ligament and skin. There is very little fat to cushion them from impact.

Each finger has three bones, the distal (fingertip), middle and proximal phalanges. And like other joints in the body, it's stabilized by ligaments and tendons. When the finger receives a blow to the tip, the ligaments and tendons can be stretched and torn. Injuries can range from mild sprains to a dislocation or severe fracture.

Finger sprains should be treated with ice and compression to prevent swelling. But if after a short time the swelling does not go down or motion doesn't improve, you should have an X-ray to rule out a fracture. Most finger sprains don't require surgery however, the swelling, pain and stiffness associated with these injuries may last months. That's because the swelling you see initially is the bleeding and over the long term that swelling is replaced by scar tissue. Most finger sprains should show significant improvements in 4 to 6 weeks.

As far as prevention is concerned, it's important to buddy-tape the injured finger to an uninjured finger next to it to prevent reinjury while the finger is healing for the first few weeks. Remember, as student-athletes and competitors, we sometimes have to live with these injuries and endure things like swollen fingers and large knuckles for our entire lives.

November, 2016

Nutrition

Fish Oil May Reduce Head Trauma and Aids Exercise

DHA, an Omega-3 fatty acid found in fish oil, may help protect athletes' brains from head trauma such as concussions, according to a recent study by researchers at Texas Christian University. Researchers found that football players who regularly consumed fish oils showed a decrease in neurofilament light (NFL), a biological marker of brain trauma.

A separate study on football players showed that NFL levels increase as the number of head impacts increase. Of the 80 football players who participated in the study, those who regularly consumed fish oils had lower NFL levels than their teammates who did not. If they were on the DHS, they had a 40% reduction in that neurofilament compared to those that were on the placebo. That may indicate that DHA can be protective against some brain trauma.

Research also shows that Fish Oil may aid in enhanced exercise economy. In a study, 20 college aged males who were regularly active in recreational activities were equally divided into either a fish oil group or control group. Those in the fish oil group ingested 3.6 of the supplement daily for eight weeks. Researchers had the subjects pedal a stationary cycle until exhaustion was reached. The subject's oxygen consumption (VO₂) was tested before and after the eight week period. After five minutes of cycling, the fish oil subjects showed significantly decreased VO₂ levels compared to the control group. In addition, the fish oil group's VO₂ levels remained lower for the duration of the test.

Researchers concluded that these heightened levels contributed to the decreased VO₂ in the fish oil group. The EPA-rich fish oil supplementation improves exercise economy and reduces perceived exertion in normal healthy subjects.

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

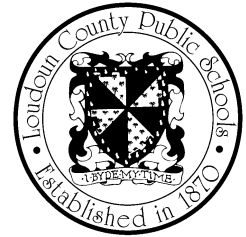
Business & Financial Services

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.

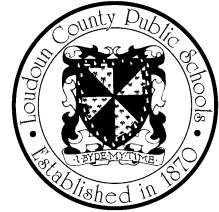
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff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