



# WOODGROVE HIGH SCHOOL

## Principal's Message

December 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

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

Now that December is here, winter weather provides opportunities for school closings and delayed openings. Please check the Loudoun County Public School website for information on school closings. The last day of classes before Winter Break will be Wednesday, December 21. Classes will resume on Tuesday, January 3.

This month our music departments will present their choral, band, orchestra and guitar winter concerts. All concerts will begin at 7:00 PM. Our winter sports have also started their games and competitions. Please check the calendar for the dates of these upcoming musical and sporting events and please attend and watch our Wolverines in action.

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

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

Lastly, as we enter the holiday season, the staff at Woodgrove takes this time to wish everyone a safe and happy winter vacation, and we look forward to an exceptional year in 2017!

William S. Shipp  
Principal

# WOODGROVE HIGH SCHOOL

## School Counseling News

### WELCOME

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

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & MATERIALS DUE TO COUNSELOR AND/OR TEACHER
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

#### **Financial Aid Night**

Thursday, December 1, 2016 from 7:00pm – 9:00pm at Loudoun Valley High School representatives will be presenting to seniors and parents on the financial aid process. Underclassmen and parents are welcome to attend if interested. This event is held in partnership with the WHS and the LVHS Counseling Departments.

#### **Virtual Loudoun**

Registration for the Winter/Spring term will open on Monday, December 5<sup>th</sup>. For more information about Virtual Loudoun Term and Registration Dates please [click here](#).

#### **College Night**

Monday, January 9, 2017 join us for the annual College Night from 7:00pm - 9:00pm here at Woodgrove High School. The information is geared toward 10<sup>th</sup> and 11<sup>th</sup> grade students and parents. However, all students and parents are welcome. Local college representatives will be speaking on various college related topics.

#### **ASVAB Test**

Monday, January 9, 2017 9:00am at Woodgrove High School. Students can register [here](#).

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

Saturday, January 14, 2017 9:00 am – 12:00 pm at Woodgrove High School. LVHS and WHS families are invited to join us for our annual financial aid assistance and informational session. Time will be allowed to complete FAFSA Forms. Sponsored by NVCC.

#### **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.



12/1 at 11:00 am	US Navy Recruiter
12/6 at 10:30 am	On-Site Admissions – Longwood University
12/8 at 12:30 pm	US National Guard Recruiter
12/13 at 11:00 am	Northern Virginia Community College
12/13 at 11:30 am	US Marine Corps Recruiter
12/19 at 11:30 am	Ohio University – WHS alumni
12/20 at 12:00 pm	US Army Recruiter
12/21 at 12:00 pm	

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

- Nursing applicants CANNOT participate in On-Site admissions. They will have to submit their applications by December 1, 2016.
- Any current senior may participate in on-site admissions. There is no GPA or SAT/ACT requirement. The average student enrolled as a freshman had a GPA between 3.07 and 3.61; SAT mid-range was 940-1080 (critical reading and math only); ACT composite score mid-range was 19-23.
- Students must have 4 years of English, 3 years of Math (including Algebra 2), 3 years of a Science, 3 years of History, 2 years of a Foreign Language and a Fine Art as the basic requirements for admission to Longwood.
- Students need to apply online at [www.whylongwood.com](http://www.whylongwood.com) and submit the \$50 application fee, a transcript and test scores by November 28<sup>th</sup>. If students miss the deadline all of the above-mentioned documents must be submitted to the Career Center Assistant by December 5<sup>th</sup>.

# WOODGROVE HIGH SCHOOL

## School Counseling News

### Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

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](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.

- [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 Carlos R. Bell Charitable Trust](#) – Due 2/1/17
- [VIP Women In Technology Scholarship \(WITS\)](#) – Due 3/1/17
- [2017 Legacy of Life Essay & Video Scholarships](#) – Due 3/31/17



### 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.

1/9/17 at 9:00 am – **Woodgrove High School**

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

### Monthly Military Visit Schedule

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

### 2016-2017 SAT/ACT Test Dates



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

# WOODGROVE HIGH SCHOOL

## School Counseling News

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](http://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](http://www.kaptest.com/psatpreplive).

### **Leadership, Volunteer & Job Opportunities**

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

### **Orbital ATK STEM Outreach**

Their upcoming STEM Outreach opportunity will be January 14-16, 2017, offered by Higher Orbits called "Go for Launch!" a 3-day STEM (Science, Technology, Engineering & Math) program in which high school students will learn from astronauts and other experts!

For more information, stop by the Career Center for a brochure or contact Brenda D'Hoostelaere at 703-948-8875.

### **Youth Hiring Opportunities**

With the holiday season quickly approaching there are many seasonal employment opportunities in Loudoun County. The employers listed below are now hiring 16 and 17 year olds:

- AMC Theatre (Ashburn)
- Chick-fil-a (South Riding and Sterling)
- Crafty Stitches (Leesburg)
- Home Goods (Ashburn)
- Macy's (Sterling)
- Toys R Us (Sterling)
- Wegmans (Leesburg)

For more details regarding the various positions stop by the Career Center today!

### **Town of Leesburg Employment**

The Town of Leesburg is reaching out to local high school students interested in flexible part-time Parks and Recreation job opportunities. The Career Center will be posting weekly job advertisements available to students interested in applying. Stop by and check out the list!

### **Claude Moore Community Builders (CMCB)**

The Builders, a group of 30 Loudoun County high school students, have to commit to 100 volunteer hours to graduate the program. Builders give 50 hours to an individual nonprofit, 50 hours to community service events, and 20 hours to professional training days. The program runs June - March.

The Loudoun Cares Volunteer Center Portal is where students can look for volunteer opportunities in Loudoun County and log their hours all at the same place. Visit our website at [www.loudouncares.org](http://www.loudouncares.org) for more information about the Volunteer Center and the Claude Moore Community Builders program.

Applications for the CMCB program will open **March 15, 2017**. If you have any questions. You can reach Valerie Pisierra, Program Coordinator, by e-mail at [valerie@loudouncares.org](mailto:valerie@loudouncares.org) or phone at (703) 669-2351.

### **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](mailto: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 positive changes in their own lives and the lives of others. Cash prizes will be awarded including a \$1,000 grand



# WOODGROVE HIGH SCHOOL

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## School Counseling News

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 3<sup>rd</sup> – December 16<sup>th</sup>. 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***

#### *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

Mrs. Geri Fiore	Director of School Counseling
Ms. Teresa Holland	Administrative Guidance Secretary
Mrs. Stephanie Butler	Guidance Secretary
Mrs. Rachel Sutphin	Career Center Assistant

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

# WOODGROVE HIGH SCHOOL NEWS

## NEW LIBRARY HOURS

We will open the library at 7:30am. Mrs. Hawthorne will be the first person here and Mr. Kane and Mrs. O'Connor will continue to stagger our hours so that we can remain open until 5pm.

We started these new hours on Monday, November 21<sup>st</sup> and will continue until the end of the year unless it becomes apparent that students aren't taking advantage of that time.

Also, 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*



## Virginia Junior Classical League Awards 2016

On November 20<sup>th</sup> and 21<sup>st</sup> thirty-two Woodgrove student attended the Virginia Classical League Convention. Congratulations to the following Woodgrove students who earned awards out of 1850 students who competed.

Nolan Alvarez	7 <sup>th</sup> place, Mixed Media
Megan Beach	3 <sup>rd</sup> place, Storytelling
	10 <sup>th</sup> place, Mosaic
	10 <sup>th</sup> place, History
Nancy Benedict	2 <sup>nd</sup> place, Storytelling
	3 <sup>rd</sup> place, Sight Reading
	6 <sup>th</sup> place, Pentathlon
Erika Berlik	9 <sup>th</sup> place, Illustrated Quotation
Bailey Brooks	6 <sup>th</sup> place, Couples Costume
	7 <sup>th</sup> place, Illustrated Quotations
	7 <sup>th</sup> place, Storytelling
Lizzie Clark	1 <sup>st</sup> place, Charcoal
	1 <sup>st</sup> place, black ink
	1 <sup>st</sup> place, oil/acrylic
	1 <sup>st</sup> place, pastel/chalk
	1 <sup>st</sup> place, black pencil
	1 <sup>st</sup> place, watercolor
	2 <sup>nd</sup> place, Colored Pencil
	2 <sup>nd</sup> place, Couples Costume
	4 <sup>th</sup> place, Mixed Media
Stefania Dodd	2 <sup>nd</sup> place, Impromptu Art
	4 <sup>th</sup> place, Girls Costume
	9 <sup>th</sup> place, Reading Comp.-Poetry
Emily Franklin	3 <sup>rd</sup> place, Adv. Sight Reading
	9 <sup>th</sup> place, Reading Comp.-Prose
Rita Frie	5 <sup>th</sup> place, Impromptu Art
Andrew Hale	5 <sup>th</sup> place, Poster
Calle Junker	4 <sup>th</sup> place, Black Pencil
Andrew Leitner	6 <sup>th</sup> place, Comp Enhanced Photo
	10 <sup>th</sup> place, Geography
Ranger Kasdorf	2 <sup>nd</sup> place, Games
Declan McCormack	3 <sup>rd</sup> place, Geography
Casey Milburn	3 <sup>rd</sup> place, Dolls
Somerset Peede	3 <sup>rd</sup> place, Sculpture
Lilly Smeraldo	6 <sup>th</sup> place, Couples Costume
Nicole Stutt	4 <sup>th</sup> place, Mythology
	6 <sup>th</sup> place, Reading Comp-Prose
	8 <sup>th</sup> place, Storytelling
Carley Tantlinger	2 <sup>nd</sup> place, Couples Costume
	2 <sup>nd</sup> place, Watercolor
Molly Warndorf	1 <sup>st</sup> place, Impromptu Art
Caitlin Williams	5 <sup>th</sup> place, Storytelling

# WOODGROVE HIGH SCHOOL NEWS

## 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 24<sup>th</sup> to April 2<sup>nd</sup>, 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!



## Travel to Italy

Woodgrove students and their parents are invited to travel to Italy with Latin students during spring break 2018. We will visit sites of classical significance in Rome, Sorrento, and Pompeii.

An informational meeting will be held December 6<sup>th</sup> at 6:30 in room L202. If interested, please contact Mr. Dyke at

[benjamin.dyke@lcps.org](mailto:benjamin.dyke@lcps.org)



## **Athlete 2 Athlete**



The Athlete 2 Athlete Club hosts sporting events for individuals that have intellectual and physical disabilities.

We had our first event last month and had a tremendous turn out of volunteers. The club relies on volunteers and funds raised by the club in order to operate. This year's fundraiser is water bottles. We hope you can support us in this endeavor. If you have any questions, feel free to email Ms. Barrett ([erin.barrett@lcps.org](mailto:erin.barrett@lcps.org)).



Congratulations to the following volleyball players on their selection to the All-Conference 21 West teams.



### **All-Conference First team**

Carolyn Cain, Maggie Mengel

### **All-Conference Second Team**

Maddie Erb, Emily Haak and Kailey Ryan

Additionally, congratulations to **Carolyn Cain** on her selection to the **All-Region Second Team**.



Athlete2Athlete Club is selling water bottles for a fundraiser this year. The water bottles are CamelBak Eddy 0.75L water bottles. They come in 3 different colors: Charcoal, Green, and Blue. They are selling for \$15 each. If you would like to order one, please send in payment

and order form to Erin Barrett at the high school (room 508). Please make checks out to Woodgrove High School (WHS). If you have any questions, contact Ms. Barrett at: [erin.barrett@lcps.org](mailto:erin.barrett@lcps.org)



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## Athlete2Athlete Water Bottle Order Form

Circle Color:

CHARCOAL

GREEN

BLUE

Quantity: \_\_\_\_\_ X \$15.00 = \_\_\_\_\_ (TOTAL DUE)

Check # \_\_\_\_\_ CASH \_\_\_\_\_

**Please return this form with payment to Ms. Barrett in room 508 for fulfillment**



# Transition Planning for Students with Disabilities

Please join us for a community night dedicated to learning about post-secondary services and options for students.

Tuesday, December 6<sup>th</sup> 7 – 9 PM

*at*

Loudoun Valley High School

340 N Maple Ave, Purcellville, VA 20132

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

<http://tinyurl.com/zldrlrs>

*Topics covered will include:*

*Employment \* Social Security\* Waivers \* Post-Secondary  
Options \* Assistive Technology \* Driving Programs \*  
Accommodations in College \* Guardianship  
\* Power of Attorney \* LCPS Cast Program\*  
\*National Conference Center Project Search\**

*Agencies Presenting:*

*DARS – Department of Aging and Rehabilitative Services*

*CSB – Community Services Board*

*LCPS Parent Resource Center*

*Northern VA Community College – Disability Services*

*Family Lawyer*

If you have questions, please contact your Transition Teacher/Facilitator

Trish Ello – WHS [Trish.Ello@lcps.org](mailto:Trish.Ello@lcps.org)

Sarah Hendricks – WHS/Educational Centers [Sarah.Hendricks@lcps.org](mailto:Sarah.Hendricks@lcps.org)

Jackie Garbe – LVHS [Jacqueline.Garbe@lcps.org](mailto:Jacqueline.Garbe@lcps.org)

Betsy Coffey-Chaudet - Cast [Betsy.CoffeyChaudet@lcps.org](mailto:Betsy.CoffeyChaudet@lcps.org)



# WOODGROVE HIGH SCHOOL

*Home of the Wolverines*

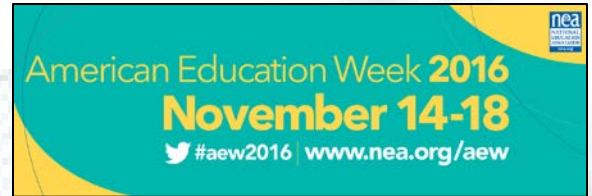
36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601



**December 2016**

Happy Holidays from the Class Councils and Student Council. November was a very big month for us, as we sponsored events during the week of November 14 – 18 in celebration of American Education Week.



During the week prior, we invited the student body to nominate teachers in the building to be recognized as Educator Idols. Over 1,000 students wrote positive and encouraging statements about why our devoted professionals are inspiring to each of them. These notes of praise and thanks were delivered to the staff members on Thursday, November 17 and our most popular Idols were Ms. Bingaman and Mr. Welsh. Congratulations to these two super stars and to all the faculty members on doing a continually amazing job!

At the same time, we asked the adults in the building to nominate up to three students to be



recognized at the first-ever Hard Work (Honor, and Strive) Cafe. Here we celebrated the great efforts of over 85 students during the first quarter of the school year. The honored Wolverines were given the opportunity to come to the Aux Gym during DENTime on Monday, November 14 and hang out with their classmates for the block, enjoy some great 80s tunes, and get nourishment from the drinks and snacks that were provided. Each student was presented with a certificate showcasing their diligent efforts. Our PBIS committee is looking into the possibility of making this a regular event at the end of each academic quarter throughout the year.

One final list of suggestions that were taken from both the students and the adults in the building were song nominations – as music was played over the PA between classes and during lunch shifts all week long. We heard classic rock hits from Lynyrd Skynyrd, more recent tunes from One Direction, and even some movie soundtrack clips from *Star Wars*. In all, Woodgrove enjoyed over three hours (62 songs!) during the week. The clear overall most-requested song of the week was “Closer” by The Chainsmokers, and the top genre were early-90s chart toppers.

As American Education Week continued, we enjoyed Thanksgiving Dinner for Lunch on Wednesday, November 16 with 55 adults – many staff members and even some



parents who signed up to join us and their sons and daughters for a delicious lunch. Ms. Bartling and her amazing cafeteria staff worked tirelessly to pull together the annual special lunch so that everyone could have a great holiday meal prior to the *actual* holiday.



# WOODGROVE HIGH SCHOOL

## *Home of the Wolverines*

36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601

A final way in which Woodgrove celebrated the fantastic contributions and outcomes of our campus was to invite faculty and staff members to assist in the kitchen as Celebrity Servers throughout the week during the lunch shifts. From math and PE teachers to Special Education experts, many joined in the fun. Along the way, many things were learned, too, about the preparation of the food that's served each day in our cafeteria. The surprise on many students' faces was visible each day as new adults were assisting in dishing out entrees and sides.



The entire week of celebrations and recognitions was a huge success due to the planning and execution of the Community Service Committee of the Student Council, led by Director Derek Shockey, with the support of the



administrative team. The week came to a close as each of the nearly 200 adults in the building were given a huge, blue foam hand and encouraged to give out as many high fives as they could before school and during class changes on Friday. We hope this High 5 Friday activity will become a weekly tradition here at WHS as we continue to help increase the positive campus culture that's been building over the first three months of the year.



The year-long competition for the Spirit Plate continues to rage on! The current standings are:

Junior Class = 646 points

Freshman Class = 720 points

Senior Class = 731 points

And leading the school...the Sophomore Class = 895 points

Coming over the next three weeks, we're planning the Winter Pep Rally for Friday, December 16 as well as two holiday-themed events, sponsored by the Sophomore Class Council – the Holiday Headwear fundraiser and the three Holiday Spirit Dress-Up Days, all planned for December 14<sup>th</sup> through the 21<sup>st</sup>. Help us celebrate the upcoming festive times and the countdown to Winter Break!



# WOODGROVE HIGH SCHOOL

## **Drivers Ed Available - No Waiting**



Attention Sophomores, 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 average to sign up after completing Module 5.

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Home of the Wolverines

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

Hello from your School Nurse

All 10<sup>th</sup> grade students and students new to LCPS were screened for vision and hearing during their scheduled Physical Education class.

If your child did not meet the vision screening passing criteria, I had sent you a letter and mailed you a report of the eye examination. You were advised to consult a Vision Professional and share the results of the screening. Please take the report to your Vision Professional and have them complete their section of the report. Please return the report form to me in the clinic.

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

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

- approval for the student to return to school
- the activity level allowed
- any current restrictions; the duration of those restrictions
- all of the above should be updated by the physician after the follow up appointments
- Students with fever (100.0 or >) should be kept home until free of fever for 24hours.
- If your child is to wear a cardiac monitor for diagnostic evaluation please notify me and also needs a doctor's note.

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 7, Issue 4

December, 2016

### Sports Injuries

#### Spondylolysis

Spondylolysis is the most common identifiable cause of back pain in active adolescents, who often cope with the condition by hoping it will just go away. Spondylolysis is a stress fracture of the pars interarticularis of the lumbar vertebral spine (low back). In adolescents, boys are affected 2 to 3 times more often than girls are. Certain sports activities also increase the risk of spondylolysis. Sports that involve repetitive hyperextension and rotation, such as gymnastics, wrestling, rowing and weight lifting are associated with a higher prevalence of spondylolysis.

Pain is often unilateral (one side) but may be bilateral (both sides) and tends to localize in the lower back. It worsens with sports activities, especially hyperextension and is relieved by rest. In adolescents who have back pain, early use of diagnostic studies is essential. Plain X-rays of the low back should be obtained first. Bone scans, though not very specific, are highly sensitive for detecting stress fractures.

Treatment of spondylolysis should be individualized and usually starts with conservative measures. Student-athletes should avoid activities such as running, jumping and sport-specific activities that cause pain for a minimum of 4 to 6 weeks. Contact and collision sports should also be avoided. Physical therapy focused on strengthening exercises for the spine is also helpful. A maintenance program to preserve spine stabilization should be incorporated into the student-athlete's workout. They should quickly report any recurrence of low back pain, to avoid a long course of rest and rehabilitation.

**December, 2016**

## **Nutrition**

### **Iron Deficiency**

Iron deficiency is a common hurdle for many elite runners. While it has long been thought that female athletes are more prone to having low levels of iron because of menstruation, a new study shows that it may not be such a gendered issue. Results of the study showed that male elite runners also struggle with maintaining healthy iron levels, and the men in the study were found to be at a higher risk of iron-deficiency anemia and low hemoglobin than the women.

The data used in the study was derived from blood tests taken from 2009-2015 for 38 elite runners and triathletes. Participants reported their use of iron supplements. They took an average of 94 milligrams of iron per day and provided blood samples every other month. After reviewing the athlete's blood, the researchers determined at least one episode of iron deficiency occurred in 60% of female triathletes, 38% of male triathletes, 56% of female runners, and 31% of male runners. The researchers noted that iron deficiency prevalence in endurance athletes typically ranges from 20-50% for females and 0-17% for males.

Now that these findings have shown both male and female endurance athletes struggle with low iron levels, one of the next steps for sports medicine professionals is to determine the best method for supplementing depleted iron. Iron infusions are a go-to solution for many athletes, but research has shown that large injections of iron increase hepcidin levels, which interferes with iron absorption. Obviously, researchers know the 100 mg per day isn't working. They suggest that trying low dose iron is worth a shot.

# 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](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!



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

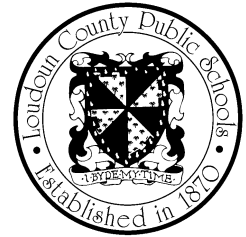
## Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

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

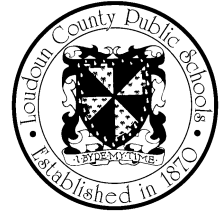
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

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.