



WOODGROVE HIGH SCHOOL

Principal's Message

March 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

Renee Dawson

Assistant Principal

Tim Panagos

Assistant Principal

Geri Fiore

Director of School
Counseling

Rusty Lowery

Athletic Director

After a fantastic February which witnessed a number of successes for the students and staff at Woodgrove, we move into March with a number of activities planned. Spring is always a very busy time – I encourage you to view the school's calendar on our website for upcoming events and opportunities.

We have many new drivers and with regards to safety, for those parents or guardians who have a son or daughter driving to school, please continue to review with them the importance of safe driving. The beginning and end of the day are very busy times in our parking lots and students, staff and parents must be diligent so that we can avoid any accidents. Your assistance with this is certainly appreciated.

March also brings with it the SOL English Multiple Choice Test and the SOL Direct Writing Test for our Juniors. The Multiple Choice test will be administered on March 7 and 8, and the Direct Writing Test will be given on March 9 and 10. We have devoted many resources to ensure that all of our students are prepared to take and pass the SOL Tests. Please be sure your child gets sufficient rest, eats breakfast and is on time to school during these testing sessions.

Once again, many thanks for your ongoing support and encouragement.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

All seniors received their 2016 Scholarship & Financial Aid Handbook Monday, February 29th during homeroom FLEX. Most, if not all **scholarship deadlines** from the handbook, fall on or after **April 1, 2016**. Students are welcome in the Career Center if they need any assistance. The best times are during open lunch and FLEX blocks. FLEX passes are available to seniors who are applying for scholarships.

- [2016 Scholarship & Financial Aid Handbook](#)
- [County Wide Scholarship Applications](#)
- [Woodgrove High School Scholarship Applications](#)

These helpful links can also be found on our Career Center's website under the [Scholarship Information](#) link anytime.

Upcoming Events

Substance Abuse Prevention: What Parents Need to Know

Thursday, March 17, 2016 at 7:00pm in the library join us for this presentation which provides parents information on common substances of abuse in middle and high school and recent drug and alcohol trends in the schools. We will also underscore the reasons young people use, signs and symptoms of use, how to address the issue, and what school and community resources are available. Presenter: Amy Iliffe, Student Assistance Specialist, LCPS. Mrs. Iliffe is a Licensed Professional Counselor and currently provides substance abuse prevention and intervention in the western Loudoun cluster.

Monroe Technology Center Application

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

ROTC Program at LCHS

The ROTC applications for the 2016-2017 school year are now available. LCHS will be accepting applications starting February 8th through March 1st. Applications will not be accepted outside of these dates. Interviews and

notification of selection will be March 3rd – 18th. Click [here](#) to download the application forms.

Career Center Visits & Info

Visits this year will take place mainly during the FLEX Block. **Students must sign up for visits through Naviance / Family Connection.**

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

3/11 at 2:00 pm	US Military Academy – West Point
3/31 at 2:30 pm	St. Bonaventure University

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

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

Mid-April, 2016 – Student will receive letters

concerning their status: invited or alternate/wait list

Academic Programs

Mid-April, 2016 – Students will receive letters

concerning their status: invited or alternate/wait list

For more information about the program click [here](#). For application forms stop by the School Counseling Office or visit our [Governor's School](#) page on the website for links to all the applications.



Don't wait get connected! Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process. Students' username should both be their **6-digit student ID number** and their password is their birthdate in the **mmddyy** format. Parent's login should be their **email address** that we have on record as the username and **woodgrove** (all lowercase) as the password. For more information, visit the Naviance FAQ page at <http://www.lcps.org/Page/37870> located on the WHS website or contact Rachel Sutphin at rachel.sutphin@lcps.org

WOODGROVE HIGH SCHOOL

School Counseling News

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

This is not a complete list. Visit the [LCPS School Counseling](#) webpage for up-to-date county wide scholarship postings.

- [Steve Duckett Local Conservation Scholarship](#) – Due 3/1/16
- [Seth Okin Good Deeds Scholarship](#) – Due 3/1/16
- [Price Benowitz Social Justice Scholarship](#) – Due 3/1/16
- [Loudoun Credit Union Scholarship](#) – Due 3/7/16
- [VIP Women in Technology Scholarship](#) – Due 3/7/16
- [Virginia Mayflower Society - Mildred Ramos Scholarship Fund](#) – Due 3/15/16
- [Virginia State University Alumni Association Scholarship](#) – Due 3/15/16
- [Legacy of Life Essay & Video Scholarships](#) – Due 3/23/16
- [Army Officers' Wives' Club Greater Washington Area](#) – Due 3/25/16
- [Outstanding Young Agriculturalist Award](#) – Due 3/31/16



Interested in the Military?

Take the **ASVAB** (*Armed Services Vocational Aptitude Battery*) a comprehensive career exploration and planning program that includes multiple aptitude tests, an interest inventory, and various career planning tools designed to help students explore the world of work.

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

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

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

Monthly Military Visit Schedule

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

Main Office: (540) 751-2600 · Guidance: (540) 751- 2607 · Athletics: (540) 751-2610

2015-2016 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
March 5* <i>New SAT</i>	2/5	2/23
May 7 <i>New SAT</i>	4/8	4/26
June 4 <i>New SAT</i>	5/5	5/25

* Class of 2017, be sure to check your college/university's website regarding SAT scores for the new test format. For instance, those who plan to apply to Virginia Tech in the fall of 2017 and beyond, are required to take the redesigned SAT test, which will be available on March 5, 2016. To learn more about the new, redesigned SAT test, visit <https://collegereadiness.collegeboard.org/sat>.



www.actstudent.org

Test Date	Registration Deadline	Late Registration
April 9	3/4	3/18
June 11	5/6	5/20

Looking for SAT/ACT Prep Options?

The Hunt Course is offering small group and quick review classes in the Purcellville Baptist Church located at 601 Yaxley Drive. Seating will be limited. Early registration suggested. New courses start on **April 2nd**. Visit www.huntprograms.com for more information today!

Leadership, Volunteer & Job Opportunities

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

ANNPower Vital Voices Leadership Forum

An initiative to provide leadership training to girls, empowering them to become the next generation of global trailblazers. Become a leader that will affect CHANGE in YOUR community. Attend the ANNpower Vital Voices Leadership Forum. Be eligible to win a grant to put your ideas into action. Girls who are in the 10th or 11th grade at a high school in the United States, Puerto

WOODGROVE HIGH SCHOOL

School Counseling News

Rico or Canada. Apply [here](#) by Tuesday, March 8 at 11:59 PM EST. Fellowships will be announced in April. The 2016 Leadership Forum will take place June 14-17, 2016.

After Care Coaches & Cheer Instructors

More Than Cheer is looking for after-school coaches in the Ashburn area who are interested in coaching during our After-School program (and summer camp if interested).

Our motto is "It takes MORE to be the BEST!" This means that we have the best kids, the best company, and of course, the BEST instructors/coaches! We offer paid training, free uniforms, and much more! To qualify for our amazing team, you must meet the following requirements:

- Must have a clean criminal background and pass a background screening.
- Must be CPR/First Aid certified.
- Must be available starting at 3pm
- Must have reliable transportation.
- Must be enthusiastic and have a positive attitude for success!
- Must have access to a smart phone or computer for regular email communication.

This awesome job will have up to 20 hours per week at \$12+ per hour. We also have several opportunities each year to earn commission and bonuses! Great for college kids looking for part-time work!

Do you have what it takes to be the person who we hire for this position? If so, respond to this job ad and email us your resume! Please be sure to include your experience, previous job experience, and references! We are excited to talk to you soon and schedule an interview!

Check out our award winning company! Visit our website at: www.MoreThanCheer.com. We have been featured on: the cover of the Loudoun Business Journal, NBC4, USA Today, US News and World Report, American Express Open Forum, and MORE!!!

Leesburg Career EXPO 2016

On Saturday, April 9, 2016, the Town of Leesburg will hold the 4th annual Career Expo for Students and Recent Graduates. The event is being held at Tuscarora High School, located at 801 N King Street, Leesburg, VA 20176, from 11:00am to 2:00pm.

Local students and recent graduates are encouraged to attend! Visit our website www.leesburgva.gov/careerexpo

where students can find out more information and avoid the line at the door by registering in advance.

This is a great opportunity for local students and grads to find part-time, full-time, and intern positions. For more information please contact Barb Smith at bsmith@leesburgva.gov or 703-669-2202.

2015-2016 Counselor Assignments

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

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



LOUDOUN COUNTY PUBLIC SCHOOLS

Department of Pupil Services

21000 Education Court

Ashburn, VA 20148

571-252-1013

March 2, 2016

Dear Parent or Guardian:

As you know, life is often a roller-coaster ride of emotions, with teen years being especially susceptible to wide variations in mood. It is easy to misread depression as normal adolescent turmoil; however, depression is among the most common disorders in youth. Suicide is directly related to mental illness, typically depression, and is one of the most serious public health problems facing our youth. Over 90% of youth who die by suicide have a mental disorder that is often undiagnosed or untreated.

To proactively address this issue, Woodgrove High School is offering the Depression Awareness Suicide Prevention Booster Program this school year. This program is based on the *SOS Signs of Suicide® Suicide Prevention Program*, which is the only universal school-based suicide prevention program that has demonstrated a significant reduction (by 40%) in suicide attempts (*American Journal of Public Health*, March 2004).

Our program goals are straightforward:

- Decrease suicide and suicide attempts by increasing knowledge and adaptive attitudes about depression and mental health;
- Teach our students to recognize the signs and symptoms of serious depression, self-injurious behavior, and potential suicidality in themselves and others;
- Educate youth that suicide is not a normal response to problems but a preventable tragedy that often occurs as a result of untreated depression or other mental illnesses; and
- Encourage help-seeking by teaching teens to respond to the signs of suicide as a mental health emergency and to take specific action steps to help prevent a tragedy.

We intend to implement this program during FLEX at Woodgrove High School. We will follow this schedule:

- 11th Grade – Thursday, March 10, 2016
- 10th Grade – Monday, March 14, 2016
- 12th Grade – Wednesday, March 16, 2016

The program will take place during the FLEX period as an educational lesson including a video and will be conducted by school psychologists, school social workers and school counselors. The presenters will be available for follow-up with students who wish to speak with them.

In addition, we will host a parent presentation on Thursday, March 10, 2016, at 7 PM held at Woodgrove High School. We would like to encourage all parents to attend.

If you do not wish for your student to participate, please send a note to your child's school counselor before March 8, 2016, opting your child out of the classroom lesson. Additionally, if you have any questions or wish to preview the educational materials prior to the classroom presentation, please contact me at 571-252-1013.

Sincerely,

Heidi Buckner, Ed.S.

Nationally Certified School Psychologist

WOODGROVE HIGH SCHOOL NEWS

SOL News:

All 11th grade students enrolled in English 11 or AP Lang will take the online SOL Writing test in the beginning of March. The SOL Writing test has two components; multiple choice and essay.

Students will be administered the Multiple-Choice component during class on Monday and Tuesday, March 7th and 8th, followed by the essay portion on Wednesday and Thursday, March 9th and 10th.

Attendance is highly important. Please be sure to eat a good breakfast!

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

On Friday, March 11, at 7 PM, Woodgrove High school is hosting a volleyball tournament between the Town of Purcellville and both the faculties/staffs of WHS and LVHS. The



purpose of this tournament is to help promote physical fitness and to emphasis friendly competition. We also hope this event will help incorporate our school in the community of Purcellville so that we are not just the "new" school any longer. Though we do not have the long history and traditions of Loudoun Valley, Woodgrove, already in its sixth year, is here and having a positive influence on the community. It is events such as this in which the two schools continue to create ways to work together, along with the Town of Purcellville, to provide an excellent education and service to our western Loudoun community.

Admission is \$5 with children under 3 and senior



citizens for free. All proceeds will be split between Loudoun Valley's and Woodgrove's Health and Physical Education departments. We hope to see everyone at Woodgrove on March 11!

WOODGROVE HIGH SCHOOL NEWS

Euro-American Student Alliance Seeks Local Host Families

[Euro-American Student Alliance](#), a local cultural exchange organization, is seeking host families for a group of 22 French teens who are visiting our area from March 5 to 13, 2016.



The students come from the provincial town of Morteau, near the Swiss border, and will learn about American culture through the combination of excursions, visits to Woodgrove high school and spending time with their host families.

If you are interested in being a host family, please contact Francesca Contento, program coordinator, at 240-575-4898 or francesca@euro-american.net.

If you are interested in helping us out during the Summit (April 2nd - April 13th) or would like to consider donating money, it would be greatly appreciated. We will be going on field trips, holding cultural activities, and have invited speakers to come to Woodgrove!

To our host families, we want to thank you for offering to host our guests! This entire program would not be possible without you. We will be holding a host family meeting MARCH 10th at 6:00 pm in room 301 to go over everything in detail.

Thank you again!

Diana Miner
Heidi McPhillips
Maggie Mulloy

For questions or to contact us, please email diana.miner@lcps.org, heidi.mcphillips@lcps.org or maggie.mulloy@lcps.org

From the Global Ambassadors Club

Woodgrove families,

Our International Youth Leadership Summit set for April 2-13 is fast approaching, and everyone is working hard to make sure our guests from Hungary and China will have an amazing experience in American and at Woodgrove!



wake up!
to
School Breakfast
MARCH 7-11

**FOR A CHANCE
TO WIN A
TASTE PARTY
BUFFET
AT YOUR
SCHOOL!**



Loudoun County School Nutrition Services
USDA is an equal opportunity provider and employer.

**Eat school
breakfast during
National School
Breakfast Week**

**The High School
with the highest
breakfast
participation the
week of AND after
will win!**

**A taste party
buffet during
lunch**

**Be the first to try
new recipes and
menu items**

**Pizza,
sandwiches,
wraps and more!**

**WINNER WILL BE
ANNOUNCED ON
MARCH 15, 2016**

NATIONAL
ATHLETIC
TRAINING
MONTH

**A SAFER APPROACH TO
WORK, LIFE AND SPORT**

MARCH 2016





Saturday, March 12, 2016

10:30 am — 1:00 pm

Inova Fairfax Hospital
Physician's Conference Center

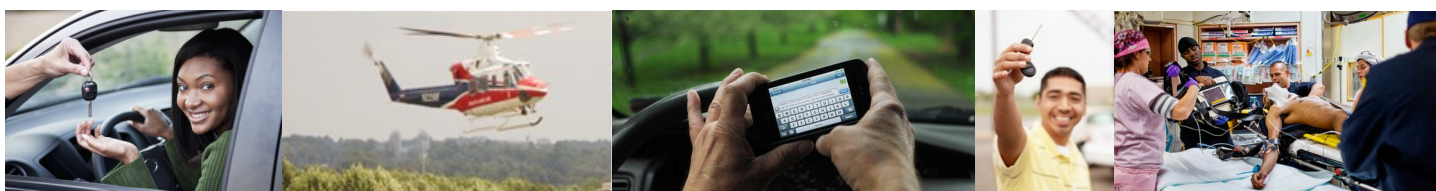
Car crashes are the leading cause of injury and death for teens.

Attend Reality Check with your teenager to help keep them from becoming another statistic.

This Course is FREE and is designed for teens and their parents or guardians.

To Register: <https://www.surveymonkey.com/r/GSG6FHQmar2016>

Call 703-776-3259, or Email linda.watkins@inova.org



Student Program

Teens will get to experience:

- Slideshow and Video Presentation by a Level 1 Trauma Surgeon
- Trauma Bay & ER Tour and Mock Trauma Resuscitation
- EMS Unit Ambulance Tour and Q&A Session with Fire & Rescue Personnel
- Survivor Panel by teen crash survivors who share their experience
- Interactive Driving Simulator, showing impaired and drowsy driving effects.

Parent Program

The Parent Program is held concurrently with the student program. Parents will learn:

- How to be an effective role model to teen drivers.
- How to coach and teach teen drivers.
- How to talk to teens about decision making, alcohol, and other difficult subjects.
- How to implement a parent-teen driving safety contract.



in partnership with:



WOODGROVE HIGH SCHOOL

Drivers Ed Available



Attention Juniors and Seniors who have not taken behind-the-wheel Why take it privately and pay more? Get your paperwork in so we can get you scheduled. We have morning and afternoon times.

See Mrs. Holland in Guidance to sign up.

* * 10th graders will be eligible after completing Module 5 in the classroom. You must have an A-B average to sign up after complete Module 5.



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

The 5th Annual **SHARE AND SHOP** is coming!!! Saturday, April 9th

Donations may be dropped off the week beginning April 4th

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

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



WOODGROVE HIGH SCHOOL

Woodgrove High School
Home of the Wolverines

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

March greetings!

The FACETIME Door Decorating Contest for the **100th Day of School** was held on Wednesday, February 10th. Groups decorated their FACETIME group doors with 100 of any item, and the doors were judged on Thursday. The winners for each category were:

Overall: Mr. Dyke's group with "100 Waydes of Grey"

Neatness: Ms. Shildneck's group with "Emojis"

Creativity: Mr. Aquino's group with "Tacquito's Ocean"

Variety of Materials: Mr. Spicer's group with "100 Things You Didn't Learn in High School"

February 17th-19th was spirit week! Students and faculty dressed up for College Day, Twin Day, and Jersey Day.

Thursday, February 18th was the 100th Day of School! In the lobby before school, Student Council members passed out 100th Day stickers, erasers, pins, and rubber ducks to celebrate. On Friday, the Student Council held our annual **100th Day of School General Assembly Meeting** during open lunch. All students were welcome to come and pick up a raffle ticket in hopes of winning 100th Day themed prizes. The winners of each prize were:

100 Animal Crackers: Bree Song

100 Packs of Goldfish: Jake Reynolds

100 Nutri-Grain Bars: Lance Czarnecki

100 Pennies: Lily Forrester

100 Clementines: Joe Candelaria

100 High Fives: Emma Renner

100 Stickers: Emily Herbert

100 Cheeseballs: Justin Floyd

100 Dance Tickets: Will Debljak

100 Life Savers: Shane Reynolds

100 Bottles of Water: Ms. Miller

\$100: Travis Register



PINK EYE (CONJUNCTIVITIS)

What is conjunctivitis?

Also known as pink eye it is an inflammation or irritation of the conjunctiva, the thin tissue covering the white part of the eyeball and the inside of the eyelid.

What are the signs or symptoms?

There are more than 3 million cases per year, it spreads easily and is treatable by a medical professional. Conjunctivitis can be extremely contagious and spread by contact with eye secretion of someone who is infected ;skin to skin contact, for example: handshake or by touching a surface contaminated by respiratory tract secretions and gets into the child's eyes.

There are several kinds of conjunctivitis and the signs and symptoms are:

BACTERIAL: may affect one or both eye(s)

- Red or pink, itchy painful eye(s).
- Green or yellow discharge from eye(s).
- Crusting around the eyes, or crusted shut especially in the morning.
- Treatment may be antibiotic medication to the eye.

VIRAL: (may affect only one eye).

- Symptoms may be pink, swollen, watering eye(s). There may also be sensitivity to light.

ALLERGIC: (usually both eyes).

- Redness, itchiness, excessive tearing.
- Antihistamines may be ordered by medical professional.

CHEMICAL:

- Red, watery eyes, especially after swimming in chlorine water.

IMMUNE: mediated, can be related to a systemic disease.

WHAT ARE THE INCUBATION AND CONTAGIOUS PERIODS?

Depending on the type:

*Bacterial: is unknown because the bacteria that causes the conjunctivitis are commonly present in most persons and do not usually cause infection.

*Viral: Sometimes occurs early in the course of a viral respiratory tract illness that has other signs and symptoms. The contagious period continues while the signs and symptoms are present.

*Allergic: Occurs in response to contact with the agent that causes the allergic reaction. There is no contagious period.

*Chemical: Commonly appears briefly after contact with the irritating substance. There is no contagious period.

HOW DO YOU CONTROL IT?

Consult your health care provider for a diagnosis and possible treatment. It is important to maintain careful handwashing before and after touching the eyes, nose, and mouth. In addition, careful sanitation of objects that are commonly touched by hands and face for example: tables, desks, doorknobs, telephones.

It is important to complete the course of medication, if prescribed, for bacterial conjunctivitis.

Exposed family members should observe themselves for signs and symptoms.

REMEMBER: THE BEST METHOD OF PREVENTING THE SPREAD OF INFECTION IS GOOD HAND HYGIENE.

WOLVERINE SPORTS MEDICINE

Volume 6, Issue 7

March, 2016

Sports Injuries

Plantar Fasciitis

You wake up one morning and find you can hardly take a step without pain. But it's not your shins or knees that hurt...it's your heel. Almost any athlete whose sport requires running or jumping is at risk of developing this painful affliction. The plantar fascia is a very tough, thick, fibrous band in the arch of the foot that runs from the heel to the ball of the foot. Because the heel is a highly sensitive area, when the plantar fascia becomes inflamed or torn from repetitive stress or traumatic injury, it can result in a very painful condition called plantar fasciitis.

Overuse or over-training is probably the number one contributing factor. Improper footwear or a particularly flat or high arched foot can also play key roles. The first step in treating plantar fasciitis is obvious. Don't do what hurts! If your heel hurts when you run...stop running and rest the sore area. Next, switch to a comfortable soled shoe with a shock absorbent heel cup. If the symptoms persist, the next step is a steroid injection of cortisone. What you have to guard against, however, is multiple injections, which can lead to tendon rupture. One of the most exciting developments in recent years is the use of a night splint, which holds the foot at a right angle during sleep. It seems to have a significant impact on decreasing morning pain.

As far as a treatment timetable, you must be careful to measure the improvement in terms of months, not weeks. Often the length of time to cure the condition is directly related to the amount of time that the athlete has had heel pain. So the sooner one seeks treatment, the better the prognosis will be.

March, 2016

Nutrition

Proper Hydration Balance

Hydration is critical to every function in the body, especially during training and competition. Losing even a small amount of body fluid, as little as 2% of your body weight, can impair athletic performance. Dehydration can lead to early fatigue and increased risk of heat illness.

Everyone's sweat rate is different. So it's important for student-athletes to monitor their own hydration status. An easy method is to have the student-athletes check their urine each morning after they wake. If the color of their urine is pale like lemonade, that's a sign of proper hydration. If the color of their urine is dark like apple juice, they should consume more fluids during the day.

The best way for the student-athlete to determine their fluid loss during workouts is by weighing themselves before and after practice or games. Weighing before and after exercise will also help student-athletes to determine how much to drink during recovery. You should drink 24 ounces for every pound lost. Sports drinks are a better choice than plain water, especially for long intensity, endurance activities. They provide added electrolytes to prevent cramping, carbohydrates to fuel working muscles and flavor to encourage drinking more.

However, it's very important to avoid overdrinking! Drinking too much fluid can lead to a rare but serious condition called hyponatremia. Hyponatremia occurs when too much fluid is taken in and the blood sodium concentration becomes diluted, causing the brain to swell. By weighing in and out during practice, student-athletes can also determine if they are over drinking.

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 Weekley 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!

Loudoun County Public Schools

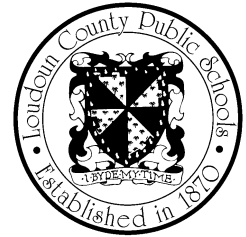
Business & Financial Services

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:

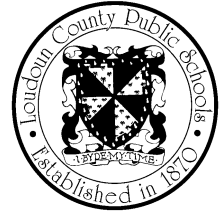
iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.

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**.



ATENCIÓN: PADRES Y ESTUDIANTES

El Seguro de las Escuelas Públicas del Condado de Loudoun No Cubre la Propiedad Personal de los Estudiantes Llevada a las Escuelas.

Cada año, las oficinas de adquisiciones y manejo de riesgos de LCPS reciben reclamos de estudiantes y empleados que han perdido propiedad personal de mucho valor en las escuelas. Ejemplos de propiedad personal incluye **iPods, iPads, teléfonos, cámaras de fotos, ordenadores portátiles. Cada tipo de propiedad personal esta sujeta a pérdidas por accidente, robo ó vandalismo.**

Worth Avenue Group esta proporcionando programas de seguros a miles de estudiantes en este país desde 1971. El plan de seguro de propiedad personal ha sido utilizado por muchas escuelas y universidades. Recientemente ha sido **disponible para los estudiantes de las escuelas públicas a nivel nacional.**

Cobertura de pérdidas: El Plan cubre pérdidas o daños a su propiedad personal, de la cual usted es dueño o alquilo, incluyendo materiales de valor en su poder, estas pérdidas deben ser durante el periodo vigente de la póliza. Verifique los artículos excluidos en su cobertura. El seguro podría ser comprado en base de "dinero en efectivo" o "a costo de reemplazo" de la propiedad personal y con un deducible tan bajo como \$50 por caso.

Propiedad No Cubierta: Algunos ejemplos de propiedad **no cubierta** por el plan son:

- **Coches (incluyendo los equipos estereofónicos de los coches), motocicletas, barcos, motores, aviones o partes; billetes de transportes u otros billetes; Dinero en efectivo o monedas, evidencias de deudas, cartas de crédito, documentos de pasaportes, notas o valores; lentes de contacto, dientes artificiales o miembros.**

Y Qué Sobre la Cobertura Dentro de la Póliza de Seguros del Hogar? Si usted tiene preguntas acerca de lo que cubre su seguro del hogar, enséñele el folleto a su agente de seguros y pídale su consejo. *Worth Avenue Group*, esta cobertura es siempre primaria a lo que cubre su póliza de hogar y puede ser usada para cubrir altos deducibles de los seguros.

Para mas información sobre esta cobertura, por favor visite la página web:

<http://www.worthavegroup.com/> 1-800-620-2885, y lea sobre el Plan de Propiedad Personal del Estudiante.



LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
[CLICKING HERE](#)



INFORMATION FOR SCHOOL
BUS ROUTES CAN BE FOUND
[BY CLICKING HERE.](#)

Woodgrove High School

2015 – 2016 Bell Schedules

REGULAR A/B DAY SCHEDULE - 4 Lunch Shifts

<u>A Day</u> Green Day		<u>B Day</u> Blue Day	
8:55-9:03	Homeroom	8:55-9:03	Homeroom
9:08-10:34	1 st Period	9:08-10:34	5 th Period
10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex* (10:39 – 11:20) (11:25 – 12:05)
12:10-2:12	3 rd Period	12:10-2:12	7 th Period
Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:41-2:12	Shift I Shift II Shift III Shift IV	Lunch 12:05-12:35 12:37-1:07 1:09-1:39 1:41-2:12	Shift I Shift II Shift III Shift IV
2:17-3:43	4 th Period	2:17-3:43	8 th Period

REGULAR A/B DAY SCHEDULE – Open Lunch

<u>A Day</u> Green Day		<u>B Day</u> Blue Day	
8:55 – 9:03	Homeroom	8:55-9:03	Homeroom
9:08-10:34	1 st Period	9:08-10:34	5 th Period
10:39-12:05	2 nd Period	10:39-12:05	6 th Period/Flex* (10:39 – 11:20) – (11:25 – 12:05)
12:05-12:43	Open Lunch 10,11,12 – release 12:03	12:05-12:43 10,11,12 – release 12:03	Open Lunch
12:48-2:12	3 rd Period	12:48-2:12	7 th Period
2:17-3:43	4 th Period	2:17-3:43	8 th Period

Dress and Grooming

Students are expected to dress appropriately.

Clothing which distracts others from learning or which endangers safety is unacceptable.

Clothing which exposes cleavage, midriffs, private parts, or exposes undergarments is unacceptable. These include, but are not limited to: Sagging or low-cut pants or skirts, tube tops, halter tops, backless shirts or shirts with only ties in the back, see through shirts, extremely short shorts or skirts, muscle shirts, or low-cut necklines that show cleavage.

Clothing with inappropriate images, statements, or inferences related to profanity, alcohol, drugs, tobacco, weapons, or messages which are sexual, threatening, harassing, or inflammatory are not permitted.

Hats and headgear are not allowed unless approved by the administration for special occasions. It must be removed upon entering the building and placed in backpacks or lockers.

No towels, shirts, or other like items may be draped over the neck.

Chains and studded jewelry are not permitted as accessories.

