



WOODGROVE HIGH SCHOOL

Principal's Message

April 2016

Woodgrove High School

36811 Allder School Road
Purcellville, VA 20132

Main Office:

540-751-2600

Attendance Office:

540-751-2602

Guidance Office:

540-751-2607

Athletic Office:

540-751-2610

Clinic:

540-751-2606

William S. Shipp

Principal

Daryl Cummings

Assistant Principal

Renee Dawson

Assistant Principal

Tim Panagos

Assistant Principal

Geri Fiore

Director of School
Counseling

Rusty Lowery

Athletic Director

Welcome to spring for the 2015-2016 school year! This time of year offers many activities with regards to our fine arts, sports and club activities. I believe we have something scheduled nearly every night of this spring so I do encourage you to come out and support our Wolverines! Please see our calendar on our school webpage for announcements and updates regarding these events.

Springtime is a very busy time for our students, especially our Seniors. If you have a son or daughter preparing to graduate, please see the information regarding upcoming events for Seniors. Also, please note that our graduation this year is on Thursday, June 16, beginning at 8 AM. Seniors will need to be at school at 6:30 AM.

With regards to graduation, our wonderfully supportive PTSO will be hosting a Grad Celebration Party for Seniors on Monday, June 6, at Woodgrove. This celebration will be at Woodgrove's stadium following the Senior Awards Ceremony and luncheon. Currently the PTSO members are finalizing plans for the afternoon and they are seeking some additional support. If you can chaperone or are willing to provide a donation or prizes for this exciting event, please contact Ms. Tamra McAtee at chatamco@yahoo.com. Our seniors are working very hard to earn their diplomas – it is our hope that we can make this celebration outstanding for them!

The third quarter will end on Thursday, April 14. Friday, April 15, is a student holiday/teacher workday. Please discuss with your son or daughter his/her classes and contact his/her teachers if you have any questions. This time of year is very busy, and some students may need additional support balancing their classroom requirements with outside commitments. Please note that Report Cards will be distributed on Wednesday, April 27th.

Also, regarding spring and the warm weather which will soon be here to stay, we have reminded students of our dress code. Please take time to discuss appropriate school attire with your son/daughter.

Best wishes to everyone – we're looking forward to a magnificent spring at Woodgrove!

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

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

DE/AP Night

Monday, April 4th, at 7:00 pm in the auditorium. A representative from NVCC will be presenting on information regarding dual enrollment and advanced placement courses. Parents and students are invited to attend.

Apprenticeship Night

Tuesday, April 5th, at 7:00 PM in the Heritage High School auditorium. This is an opportunity for both students (juniors and seniors) and parents to learn about entering careers right out of high school where students use their hands to deal with making, building, and repairing things. Learn about the cosmetology, electrical, plumbing, steamfitter, and sheet metal trades (including welding). Hear how students can create their own apprenticeship in one of over 200 trades, such as machinist.

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.



4/7 at 10:45 am US Navy Recruiter
4/12 at 10:45 am US Marine Corps Recruiter
4/19 at 12:00 pm US Army Recruiter
4/22 at 12:00 pm US National Guard Recruiter

4/26 at 10:45 am US Air Force Recruiter

*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

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.

- [The Women's Club of Loudoun Scholarship](#) – Due 4/1/16
- Summer Camp Opportunity – [CampNeuro](#) – Due 4/4/16
- Summer Camp Opportunity – [CampCardiac](#) – Due 4/4/16
- [Sigma Mu Mu Scholarship](#) – Due 4/8/16
- [Green Pest Services Scholarship](#) – Due 4/30/15

WOODGROVE HIGH SCHOOL

School Counseling News

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

2015-2016 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
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?

LOCATION UPDATE: The Hunt Course is offering small group and quick review classes in the Loudoun Country Day School located at 20600 Red Cedar Drive, Leesburg, VA. Seating will be limited. Early registration suggested. New courses start on **April 2nd** from 9am-12pm. 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.

Leadership in the Law Program

The Thomas D. Horne Leadership in the Law Program is a unique opportunity for students to learn firsthand about the legal system. The program is designed to allow rising high school seniors to work with local judges, lawyers, law clerks and other professionals to learn about the law. The program runs from June 19-24, 2016. Applicants will be selected based on their application. Only 24 students will be chosen. Interested students must complete an application and postmark it by April 1st. Stop by the Career Center for an application today!

President's Volunteer Service Award

Loudoun Valley Community Center's Advisory Board is now qualified to certify and approve the President's Volunteer Service Award (PVSA) for our local students. Students who are eligible for this program include Blue Ridge and Harmony Middle School students who have completed at least 50 hours of community service and Loudoun Valley and Woodgrove High School students who have completed at least 100 hours of community service between May 1, 2015 and April 30, 2016.

All volunteer hours must be submitted [online](#) or the completed forms turned into Mrs. Sutphin in the Career Center no later than Wednesday, **May 4th** in order to be eligible for an award. Stop by the Career Center for the *Instructions for Students Applying for the President's Volunteer Service Award* and *The Volunteer Record of Service* form or if you have any questions.

WOODGROVE HIGH SCHOOL

School Counseling News

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.

Summer Program Opportunities

Virginia Tech Hispanic College Institute

Apply online at www.admiss.vt.edu/hci by **April 1st**. There is no cost to the student. There are only 125 spaces available for this event that provides participants with free transportation and lodging, so students are encouraged to apply as early as possible. The camp will run from August 1-4, 2016. For more information visit www.valhen.org/hci.

William & Mary Pre-Collegiate Summer Program in Early American History

Students earn four hours of college credit for an exciting, fast-paced, in-depth summer course in which they study American history "on-site" at many historic places, museums, and archaeology sites in eastern Virginia and the Chesapeake region. Application deadline for VA residents is **April 30th**. For more information visit www.wm.edu/niahd and follow the link to the Pre-Collegiate Program.

Furman University Summer Scholars

For rising high school seniors and juniors. Two sessions will be held: July 10-16 & July 17-23. Application deadline is **May 1st**. For course information and to register, visit www.furman.edu/summerscholars.

Forensic Science Summer Camp at WVU

A summer camp for middle school and high school students interested in forensic science will be offered by the West Virginia University Department of Forensic and Investigative Science and the Next Generation Forensic Science Initiative in June 2016.

The sixth annual Forensic Science Summer Camp will take place on the WVU campus June 20-24. Classes will begin at 9 a.m. and last until 4 p.m. each day.

Registration closes on **May 1st**. For more information about the camp or registration, contact Chris Bily at 304.293.9496 or Chris.Bily@mail.wvu.edu or click [here](#).

CNU Summer Humanities Institute

Experience life at Christopher Newport University and earn college credit during this two-week, residential immersion experience from June 19 - July 2, 2016. Apply today at www.summerhumanities.cnu.edu.

Hollinsummer 2016

A residential program for high school girls, July 17-23. It offers a great combination of learning and fun on one of Virginia's most beautiful campuses. They're offering three exciting programs this summer. Visit their website at www.hollins.edu/hollinsummer for more information and to register.

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.

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



Woodgrove High School Cultural Dinner

7:00 PM, Thursday, April 7, 2016

The World Languages & Cultures Department is very happy to invite you all to join us as we team up with the Global Ambassadors Club and welcome the Hungarian and Chinese students and faculty to Woodgrove High School during this cultural dinner event. We have lots of fun activities planned. You won't want to miss it!

Thank you and hope to see you there!



Woodgrove High School

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



Dear Parent/Guardian of Rising Sixth, Seventh, Eighth, Ninth, Tenth, Eleventh, and Twelfth Grade Student(s):

The Commonwealth of Virginia requires that all students entering middle school and high school must have received a Tetanus, diphtheria, pertussis (Tdap) vaccine booster **unless the student has received a Tdap vaccine after the age of seven years**. Only *one* dose of the Tdap booster is required after the age of seven years, regardless of the interval since the last dose of pertussis-containing vaccine. Please note that **Tdap** is a different vaccine than the **DTaP** vaccine.

Immunizations may be obtained from your physician, military clinics, or the Loudoun County Health Department. The Loudoun County Health Department will provide the immunizations that are required for school attendance at no cost. The Health Department is located in the Shenandoah Building at 102 Heritage Way, N.E., Suite 100, Leesburg, (phone number 703-777-0236). **Immunizations are administered by appointment**. If you choose to go to the Health Department for this immunization, you must bring a current immunization record.

For rising sixth graders, documentation of the Tdap vaccine booster should be given to the nurse or health clinic specialist at your child's elementary school this school year. If your child will not receive the Tdap vaccine booster before the end of this school year, documentation should be given to the middle school or high school this summer. **Your child will not be allowed to start school without this immunization or a medical exemption. A list of students who require this immunization will be provided to each middle school at the end of this school year. There will be no grace period for your child to begin middle school on August 29, 2016, without this vaccine.**

All new seventh, eighth, ninth, tenth, eleventh, and twelfth grade students will be required to have documentation of a Tdap vaccine booster prior to the start of school year 2016-2017. Students must have documentation of this immunization in order to begin school on August 29, 2016. **There will be no grace period for your child to begin school on August 29 without this vaccine.**

If you have questions, please contact your child's physician or the local health department.

Thank you for your assistance.

Sincerely,

William S. Shipp, Principal



Woodgrove High School

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540-751-2600



Estimados padres/tutores de estudiantes que van a empezar los grados sexto, séptimo, octavo, noveno, décimo, undécimo y duodécimo:

El Estado de Virginia requiere que todos los estudiantes que ingresan a la escuela media y a la escuela secundaria deben haber recibido un refuerzo de la vacuna contra el tétanos, la difteria, la tos ferina (Tdap) **a menos que el estudiante haya recibido una vacuna Tdap después de la edad de siete años.** Solo se requiere de la dosis de refuerzo de la vacuna Tdap, sin importar el tiempo transcurrido desde la última dosis de la vacuna contra la tos ferina. Tenga en cuenta que la vacuna Tdap es una vacuna diferente a la vacuna DTaP.

Las vacunas se pueden obtener de su médico, las clínicas militares, o el Departamento de Salud del Condado de Loudoun. El Departamento de Salud del Condado de Loudoun proveerá sin costo alguno las vacunas que son necesarias para asistir a la escuela. El Departamento de Salud está ubicado en el Edificio de Shenandoah en 102 Heritage Way, N.E., Suite 100, Leesburg, (teléfono 703-777-0236). **Las vacunas se administran con cita previa.** Si decide ir al Departamento de Salud para la aplicación de esta vacuna, debe traer un registro de vacunación vigente.

Para los estudiantes que van a empezar el sexto grado, la documentación de la dosis de refuerzo de la vacuna Tdap se deberá entregarse a la enfermera o especialista de la clínica de salud en la escuela primaria de su hijo este año escolar. Si su hijo no recibirá el refuerzo de la vacuna Tdap antes del final de este año escolar, se deberá dar la documentación a la escuela media o secundaria este verano. **No se le permitirá a su hijo comenzar la escuela sin esta vacuna o una exención médica. Se le proporcionará una lista de los estudiantes que requieren esta vacuna a cada escuela intermedia al final de este año escolar. No habrá período de gracia para que su hijo comience la escuela secundaria el 29 de Agosto del 2016, sin esta vacuna.**

Todos los estudiantes nuevos de los grados séptimo, octavo, noveno, décimo, undécimo y duodécimo requerirán tener la documentación de un refuerzo de la vacuna Tdap antes del inicio del año escolar 2016-2017. Los estudiantes deben tener la documentación de esta vacuna, con objeto de comenzar la escuela **el 29 de Agosto del 2016. No habrá período de gracia para que su hijo comience la escuela el 29 de Agosto sin esta vacuna.**


Si tiene alguna pregunta, por favor póngase en contacto con el médico de su hijo o con el departamento de salud local.

Gracias por su colaboración.

Cordialmente,

William S. Shipp, Principal

May 2016 SOL/AP Testing

<div>May 2016</div> <div>SOL/AP Testing</div>						
Sun	Mon				Fri	Sat
1	2 A DAY AM: AP Chemistry AP Environmental Science PM: AP Psychology	3 B DAY AM: AP Computer Science A AP Spanish Lang./Culture PM: AP Art History AP Physics 1	4 A DAY AM: AP English Lit/Comp PM: AP Japanese Lang./Culture AP Physics 2	5 B DAY AM: AP Calculus AB AP Calculus BC PM: AP Chinese Lang./Culture Seminar	6 A DAY AM: AP German Lang. /Culture AP US History PM: AP European History	7
8	9 B DAY AM: AP Biology AP Music Theory PM: AP Physics C	10 A DAY AM: AP US Govt. PM: AP French Lang./Culture AP Spanish Lit. / Culture	11 B DAY AM: AP English Lang/Comp. PM: AP Italian Lang/Culture AP Marco	12 A DAY AM: AP Comparative Govt. AP World History PM: AP Statistics	13 B DAY AM: AP Human Geography AP Microeconomics PM: AP Latin English 11 Geometry	14
15	16 A DAY English 11 Geometry	17 B DAY Algebra 1 Algebra 2	18 A DAY Algebra 1 Algebra 2	19 B DAY Algebra 1 Algebra 2	20 A DAY WH 1 WH 2 VAUS History	21
22	23 B DAY WH 1 WH 2 VAUS History	24 A DAY Earth Science Biology Chemistry	25 B DAY Earth Science Biology Chemistry	26 A DAY SOL Makeups	27 B DAY SOL Makeups	28
29	30  HOLIDAY NO SCHOOL	31 A DAY	1 B DAY Expedited Retakes MATH	2 A DAY Expedited Retakes SCIENCE – AM HISTORY - PM	3 B DAY	5
	6	7 Expedited Retakes English 11				
						<div>2016</div>

Athlete 2 Athlete

Soccer Event – April 23

2:30-4:30 @ Woodgrove Stadium

Athlete 2 Athlete is a club led by student-athletes from all grade levels (9-12). These athletes host sporting events for individuals with intellectual and physical disabilities. The focus of each event is to have fun through the love of sports.

Our events are open to any individual with special needs that resides in Loudoun County or is an alumni from a Loudoun County school. For more information and/or access to permission forms, please contact Erin Barrett:
erin.barrett@lcps.org



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.

The 5th Annual
SHARE AND SHOP
is here!!!
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

Greetings, Woodgrove family.

Read Across America Day was March 2nd! The Student Council helped promote it by having staff fill out laminated sheets to display what books they are currently reading. These sheets are hanging throughout the building and are being constantly updated.

On March 4th, the Student Council held its **Fourth Annual Charity Dodgeball Tournament**. We had 14 teams and 83 participants play in the double-elimination tournament. In an epic showdown, Snapchat Hates Us took the gold and the DodgeFathers got runners-up, four the *fourth* year in a row. The tournament was held during flex, and students could buy a ticket for \$1. In all, we as a school raised \$1,132.41 which will all go towards The Joe Cassella Foundation. Before the championship game, Pat DeRocco from the organization spoke the students about the goals of the foundation and the amazing work they do in our area. The Student Council would like to thank everyone who contributed to making this tournament one of our best!



Snapchat Hates Us Wins First Place

March 15th was Woodgrove's **Eighth Grade Expo**, and Student Council members and other students lent a hand in giving tours, answering questions, and helping the Class of 2020 feel excited about attending Woodgrove next year.

Spirit Links were sold from March 14th-April 1st. All the money raised goes towards the state charity, Fill-A-Sock-A-Full. Student Council members will be travelling down to Williamsburg, VA to attend the 90th Annual VSCA State Convention on April 8th-April 10th where our very own Ryan Thomas will be presiding as President of the VSCA.

This year, the Student Council was able to bring four juniors to the **West Point Leadership and Ethics Conference**. They were Caleb Blank, Collin Shipp, Navneet Kaur, and Erin Stitt. Thanks for representing WHS so well, leaders of tomorrow.



WOLVERINE SPORTS MEDICINE

Volume 6, Issue 8

April, 2016

Sports Injuries

Patellofemoral Pain Syndrome

Patellofemoral Pain Syndrome (PFPS) is really a group of conditions that cause pain around the kneecap and it can related to many conditions such a bursitis, tendinitis, chondromalacia and osteoarthritis. Symptoms of PFPS typically include gradual onset of general aching in the front of the knee that worsens with stair climbing or prolonged sitting. There may or may not be swelling and the knee may feel weak, to the point where it feels like the knee is "giving way". Many student-athletes are prone to PFPS and there is no one specific sport that is primarily affected.

PFPS is usually diagnosed through a physical exam. X-rays are also helpful in determining bony abnormalities such a malalignment or loose bodies. Occasionally, MRI, CT, or bone scans may be needed.

Most of the time PFPS is treated with physical therapy. The main concerns are relieving the pain and then restoring function. Since most PFPS symptoms are caused by overuse, you have to first rest and then begin therapy. Anti-inflammatory medication and ice are helpful in reducing the pain. Knee braces that have an opening for the kneecap and a buttress with straps to help the alignment of the kneecap may also be helpful. As the pain diminishes you can begin strengthening and stretching exercises. Once the condition improves you can start sport-specific exercises and a maintenance program.

The prognosis for PFPS is good overall for the majority of student-athletes. However, there are some student-athletes that will continue to experience pain after this type of treatment and may ultimately need surgical intervention.

April, 2016

Nutrition

Fat Phobia

The term "Fat Phobia" became popular when severely restricting fat intake was a common trend among student-athletes. Very low dietary fat consumption can lead to poor immune response, slowed recovery, vitamin deficiencies and menstrual issues in females. The American Dietetics' Association recommends that student-athletes consume 20-25% of their calories from fat and never less than 15%.

Research points to the health benefits of eating plenty of unsaturated fats. Fish oils, oily salad dressings, olives, avocados, hummus, nuts seeds, and peanut butter help the heart and improve inflammatory response. Omega-3 fats found in a lot of those same foods, have been shown to positively affect mood, memory and even joint health.

Fat helps food taste good. Student-athletes who place it off-limits will end up craving their favorite fatty foods. As a result, they're more likely to over-eat or binge on those foods. Fat in a meal also increases the feeling of fullness, which will curb the desire for unhealthy between-meal snacking.

Vitamins A,D,E and K are fat soluble, which means they'll only be absorbed by the body if accompanied by sufficient fat intake. So while a student-athlete may think they're helping themselves by eliminating as many fats sources as possible, in fact, they could be creating a serious vitamin deficiency. Vitamin A is important to eyesight and healthy skin and bones. Vitamin D increases absorption of calcium and promotes hardening of bones and teeth. Vitamin E is an anti-oxidant that prevents cell damage and Vitamin K helps with blood clotting.

The best way to help a Fat Phobic student-athlete is simply to educate them on the many health benefits of eating the right fats. You can tear down the notion that the term "Fat" on a nutrition label translates into body fat by discussing the key functions fat serves in a student-athletes diet.

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!

Loudoun County Public Schools

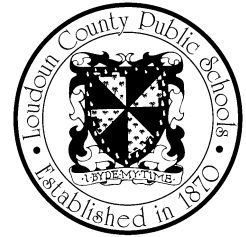
Business & Financial Services

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.

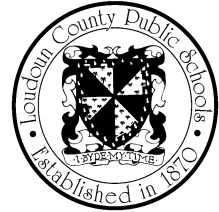
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff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



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.

