



WOODGROVE HIGH SCHOOL

Principal's Message

May 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

Woodgrove is certainly in full bloom and thriving with a number of exciting activities planned for May.

Before moving forward however I do want to thank our Fine Arts Department for a superb spring showing of *The Mystery of Edwin Drood*. What an incredible performance! I continue to be amazed and proud of what are students and staff accomplish here. This show was extraordinary!

Also, please check our school calendar as the celebration of the Arts will continue in May as we host our spring music concerts. In addition, on Friday, May 13, our WMAA is hosting a Fine Arts Gala – this enchanting evening will include musical and theatrical performances by our students. This is a fundraiser for the WMAA and I hope that you can take time to come out and enjoy this evening and support our students

Also, May brings with it Conference, Regional and State competitions for our athletic teams. Please be sure to check the school calendar and come out to Woodgrove to cheer on the teams. Also, thank you to the WWABC for hosting the Fore the Wolverines Charity Golf Classic on Monday, May 9, at the Stoneleigh Golf Course. Proceeds from this event provide scholarships for our students. There is still time to register and you may do so by following this link:

<http://www.woodgroveathletics.org/main/adnews/ID/41346850>

I also am very pleased to share that our PTSO is in the midst of finalizing plans for our Seniors' Graduation Party. This party is for graduating Seniors only and it will be held at Woodgrove on Monday, June 6, beginning after the Senior luncheon.

Graduation is scheduled for Thursday, June 16, at 8 AM. Seniors need to be at school by 6:30 AM.

Also, this year we are trying something new for our seniors. A group of seniors have proposed that at the end of the school year, as they prepare for graduation and after AP and SOL tests have been administered, seniors be allowed to complete a senior project for the school as a way of giving back to the Woodgrove community. I have decided to give this a try and trust that those seniors who are eligible for this will take on this initiative in earnest. The seniors, along with staff facilitators, have identified six projects for which the students may sign up. They are: murals, benches, an outdoor classroom with a nature trail, tree planting and grounds improvement, a food recovery program, and a media production documenting the history of Woodgrove, the community and this senior project. To be eligible, students must have met the same criteria to be exempt from the final summative assessment. This information is included in this newsletter. In addition, teachers and parents will have to sign off indicating their approval of their son's or daughter's participation in the senior project. Seniors have taken a survey and identified whether they are interested in participating and which project they would like to join. Seniors will be given a permission form on Monday, May 2 which teachers and parents will have to sign. The permission form is due on Friday, May 13, to the Career Center. The projects will begin



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Principal's Message - continued

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on Monday, May 23 and go through Friday, June 3. Students will still arrive to school each day and report to either their 1st or 5th block. Once attendance is taken, they will report to their respective project and teacher facilitator to begin work on the project. An article written by seniors Leah Onderdonk, Nancy Etro, and Karmen Alexander regarding the projects is included in the newsletter as are key calendar dates for seniors. We are looking forward to seeing what this new opportunity brings!

During May we also will honor the work our teachers have performed throughout the year. Much of our success can be attributed to the dedication and devotion our teachers give to our students daily. Woodgrove is fortunate to have such extraordinary adults guiding our students. We will begin our celebration with our Teacher Appreciation Week on May 2 - May 6. We encourage students, parents and the community to take time during this week to share an expression of gratitude to a teacher or some other member of the faculty.

Standards of Learning (SOL) tests and Advanced Placement (AP) tests will be administered in May. Included in this newsletter is information regarding our testing schedule and on-line testing. These tests are important and we have devoted many resources to ensure that all of our students are prepared to take these tests. Please be sure your son/daughter gets plenty of rest, eats breakfast and is on time to school during these testing sessions.

As spring certainly is upon us and everyone is enjoying the longer days and the outdoors, please be safe and take any necessary precautionary steps to avoid Lyme disease. Inside this newsletter is information pertaining to this and a website from the CDC which will provide important information regarding Lyme Disease.

With regards to spring, and the warm weather which is here to stay, we have reminded students of our dress code. Please take time to discuss appropriate school attire with your son/daughter.

Lastly, as we head into the final month of our school year, we would like to have you provide your thoughts on Woodgrove High School. Below is a link for our school survey and I ask that you take a few moments to share your thoughts with us.

<http://www.lcps.org//cms/module/selectsurvey/TakeSurvey.aspx?SurveyID=7745>

Best wishes to everyone and thank you for your support.

William S. Shipp
Principal

Senior Projects

By Leah Onderdonk, Nancy Etro, and Karmen Alexander
Staff Writers for The Woodgrove Outlander

Since Loudoun County students no longer have exam requirements, senior projects will now take the place of a year-end summative assessment. Senior council members and Woodgrove administrators have spent months planning this new initiative.

The hope is that the projects will be used as a way for the graduating seniors to enjoy their last few weeks at Woodgrove, while making a difference and a lasting impression on the school.

Senior Will Greer is glad to have the opportunity to participate in senior projects. He said, "I am glad to be giving back to the community that provided me with this education."

There are several options for senior projects which encompass the broad range of interests of the senior class. The options are bench building, land beautification, media coverage, outdoor classroom building, food recovery, and mural painting.

The 'bench group' will be building 15 benches with the help of the Tech Ed department. They will also decorate the benches and place them throughout the Woodgrove campus. Tech Ed teacher Mr. John Jose is the sponsor for this project.

According to a project member, Evan Babcock, "Making the benches is hard work, but it pays off."

The land beautification team will be planting trees, flowers, and other plants in order to make the Woodgrove campus more visually appealing. Mrs. Marty Potts is the teacher who sponsors this project, and she has arranged for a professional landscape architect to help the students with the plans.

"I think senior projects are a good idea, and I am looking forward to beautifying our campus," said senior Emma Gillies, a member of the landscape beautification project.

The media team will be taking photos and videos of all of the senior project events, and they will write up news briefs featuring all of the work that is being done for the school. The sponsors for the media project are Woodgrove's library assistant, Mrs. Carolyn Hawthorne, and publications advisers, Mrs. Lea Longerbeam and Mrs. Tammy Pyle.

Mrs. Hawthorne said, "I think the senior projects are a great initiative. I like the fact that the projects are student driven, and I am impressed with how everyone has come together to do this."

The outdoor classroom construction project, under the leadership of Mr. Scott Fortney, a science teacher, involves building an amphitheater-type structure and kiosk with a roof so that a whiteboard can be attached for students to take their learning experience outdoors. The outdoor classroom was started several years ago, but little progress was made, and the hope is for the project to come to fruition by the end of the year.

Project member Jordan Bartel is looking forward to working on the project. "It is great for students to be able to enrich their learning experience in nature," he said.

The food recovery team, under the leadership of Mrs. Pam Hayba, the community liaison, and cafeteria manager, Mrs. Genelda Bartling, will be collecting food and other household supplies for needy families. The Woodgrove community can donate items to bins placed around the school. The food will be donated to local families, and the group will also prepare packages of supplies to send home with needy students over the summer.

“Although we live in a wealthy area, there are still people in Loudoun County that are in need, and it is fulfilling to give back to the community,” said food recovery member Meaghan Flynn.

The muralist team will be painting various murals throughout the school, with art teachers Mr. Shawn Grove and Mr. Geoff Demark as sponsors. Several departments within the school have requested murals in their respective hallways, encouraging inter-departmental participation.

Muralist project sponsor Mr. Demark said, “The projects are a great thing. I have enjoyed that it involves a lot of teachers, and that there is a lot of interest. Getting more art into other parts of the building is great.”

According to Aidan Bruecken, a member of the muralist project, “The projects are a good thing because it encourages seniors to overcome their ‘senioritis’ and improve our campus to make a lasting impression.”

Staff, as well as students, expressed interest and excitement over the senior projects and are excited to see how the seniors' work will change Woodgrove for the better.

Principal Sam Shipp said, “This is an exciting idea, and it is a great way for students to give back to Woodgrove before they go off on the next step of their journey.”

The success and participation of the projects this year will influence whether or not Woodgrove administration decides to have senior projects again next year.

Participation in senior projects will allow students to leave at the time usually designated for early release students. Similar to when exams were in place, seniors must meet certain requirements in order to be able to participate in the senior project, or else they will be required to attend their regular classes.

The requirements are:

1. A student must have at least a 70 (C-) average for the second semester through the first 8 weeks of the fourth nine week grading period.
2. Cheating and any other integrity violation that results in disciplinary action removes the student from consideration for end of year summative assessment exemption in all classes.
3. A student can be absent no more than two class periods in block classes.
 - a. Classes missed due to organized school activities such as field trips do not count as absences.
 - b. Classes missed due to observance of a religious holiday will not count as an absence..
 - c. All other non-school related absences (excused or unexcused) will be counted as absences, which includes in-school restriction and suspension.
 - d. In circumstances of legitimate late arrivals and early dismissals, a student will be counted as present if the student attends class for at least half of the block.

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

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 75 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.

Upcoming Events

Advanced Placement Testing

Advanced Placement (AP) testing will begin on Monday, May 2nd – Friday, May 13th, for more specific details regarding times and classes please reference the **May 2016 SOL/AP Testing** calendar included in this month's newsletter.

NOVA Dual Enrollment Placement Test Dates

NVCC is offering Math and English Virginia Placement Test (VPT) dates at Woodgrove High School. Pick a session from the below dates and sign up [online](#). Limited seating available! Sign up soon to reserve a spot!

- Saturday, May 7, 9:00am
- Saturday, June 4, 9:00am

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.

No visits at this time

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



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.



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.

For more information, click [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

WOODGROVE HIGH SCHOOL

School Counseling News

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
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 Loudoun County Day School located at 20600 Red Cedar Drive, Leesburg, VA. Seating will be limited. Early registration suggested. 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.

Teen Job Fair

Saturday, May 14th 10am – 12pm at Claude Moore Rec Center in Sterling. Open to the public. Be prepared, bring your resume! Dress to impress in interview attire. Refreshments and snacks will be provided.

Looper Golf

At LOOPER Golf we are about creating opportunities.

- Opportunities for youth to have a great job opportunity on their terms.
- Opportunities for expanding playing opportunities for our youth.

- Opportunities for golfers to experience golf at its best.

Currently seeking golf caddies. For more information visit our website www.looper.golf.

Virginia Democratic Spring Fellowship

Join us and help elect Democrats in 2016! Apply to be a Spring Fellow with the Democratic Party of Virginia. This is a great opportunity for students to gain experience and knowledge of issue-based campaigning, open doors for upcoming campaigns, and a great way to network. Click on the link to complete the application: bit.ly/novademocrats

Summer Program Opportunities

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.

WOODGROVE HIGH SCHOOL

School Counseling News

2015-2016 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.

May 2016 SOL/AP Testing

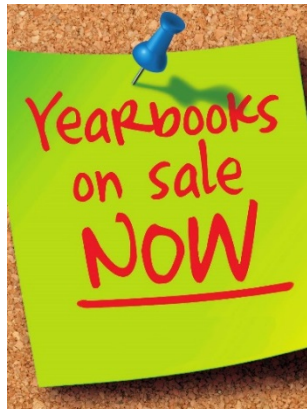
<div> <div>May 2016</div> <div>SOL/AP Testing</div> </div>						
Sun	Mon				Fri	Sat
1	2 A DAY AM: AP Chemistry AP Environmental Science PM: AP Psychology	3 B DAY AM: AP Computer Science A AP Spanish Lang./Culture PM: AP Art History AP Physics 1	4 A DAY AM: AP English Lit/Comp PM: AP Japanese Lang./Culture 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> <div>2016</div> </div>						

WOODGROVE HIGH SCHOOL NEWS

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<http://www.lcps.org/cms/module/selectsurvey/TakeSurvey.aspx?SurveyID=7745>

The yearbook is on sale at jostensyearbooks.com through May 5. After that time, the online portal will be closed. All remaining sales will be on a first-come, first-served basis at the distribution of the yearbook in June. Cost at distribution for these remaining books will be \$100, cash or check payable to Woodgrove High School. The online cost through May 5 is \$85, so save \$15 and order today! Email tammy.pyle@lcps.org with questions.



Thanks!

DID YOU KNOW?



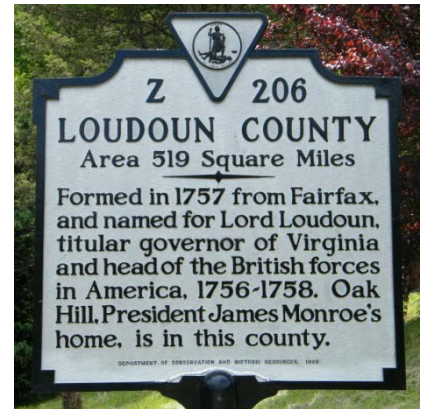
Behind the Wheel sessions will be offered all summer.

Students should get their paperwork in before leaving for summer break.



Woodgrove Juniors Engaged in Interdisciplinary Investigation of Local History

Last year, we piloted a program with 120 juniors in which they researched topics in western Loudoun history, while bringing to bear a wide range of important skills, concepts, and information they learned in history and English class during the year. This pilot project was very successful, and this year we are expanding it to include all juniors, with English and US History classes at every level. This interdisciplinary collaboration would enable students to dig even deeper into their research and connect the local history to larger regional, national, and global contexts.



Students will be creating mini-documentary films about their topics using a range of historical documents and images. These videos will then be posted on the websites of our local western Loudoun towns, as well as the websites of our local historical societies and LCPS's new Loudoun Creates website.

On **May 25 and 26**, we will explore several historical sites in the county with staff from the Mosby Heritage Area Association, Journey through Hallowed Ground, Oatlands Plantation, and the Northern Virginia Regional Parks Authority.

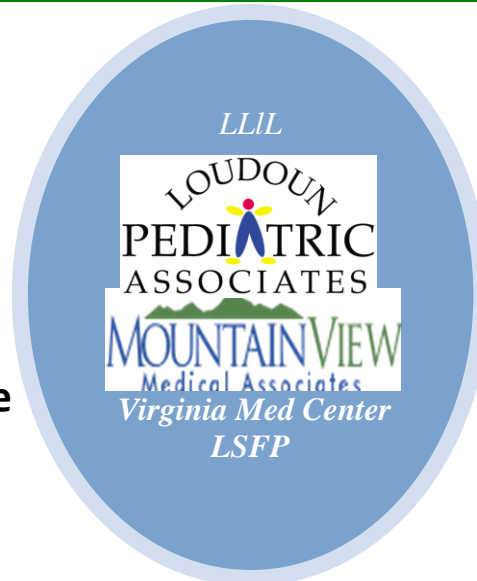
If you are interested in being a chaperone for the field trips, or for more information about the project, please contact our English Department Chair, Chris Cuozzo, at Christopher.Cuozzo@lcps.org.

ATTENTION:

AFFORDABLE SPORTS

PHYSICALS...

VHSL sports physicals for all high school athletes and youth football players will be performed by local health care providers!



Loudoun Valley and Woodgrove Athletics

These physicals will satisfy the 2016-2017 pre-participation examination requirements for all high school athletes and youth football players. Come to:

Loudoun Pediatric Associates

205 East Hirst Road Suite 302
Purcellville, VA 20132

JUNE 2, 2016

New ONLINE REGISTRATION!

High School <https://webinter.lcps.org/SPAR/>



ULYFL Players	5:00 PM
Rising 9th Grade	5:30PM
Rising 10th Grade	6:00PM
Rising 11th Grade	6:30PM
Rising 12th Grade	7:00PM

PRE-REGISTER FEES-*CASH/CHECK ONLY; NO CC!*

\$30 for the first athlete in the family...**\$25** for each additional athlete in the family! **\$35** walk-ins.

Please Contact the LVHS Athletic Department with any questions (540) 751-2410

Woodgrove Athlete2Athlete Club hosted its Soccer Event this past Saturday. 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. Many of our participants look at our volunteers as their friends and they value these opportunities. It couldn't happen without our volunteers' kindness, compassion, and time. Thank you to our volunteers for giving the participants a day to be special athletes.

Our events are open to any individual with special needs that resides in Loudoun County or is an alumni from a Loudoun County school. Dates for next year's events are: Volleyball on Nov. 5th, Basketball on Feb 4th, and Soccer on April 22nd. To access permission forms and get more details, go to Woodgrove High School's main webpage, click on "Activities" and then "Athlete2Athlete." If you need more information or have questions, please contact Erin Barrett: erin.barrett@lcps.org



Participants: LtoR Sitting: Cullen Smith, Nick Twetten, Sanaea Gowadia, Matt Vest, Rozlan Basha, Casey Flynn. LtoR Standing: Ryan Barrett, Graham Walker, Hayden Loussedes, Jon Urda, Tommy Conaway, Gabby Rollins, Taylor Manno, Iesha Green, Paige Kerins, Chelseas Dougherty, Sam Allison, Dani Kimbrough, Darby Stephens, Jack Delmonte, and Julia

WOODGROVE HIGH SCHOOL

Drivers Ed Available



Attention Students who have not taken behind-the-wheel ..

. Drivers Ed is offered ALL SUMMER. 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.



PREVENTING TICK-BORNE DISEASES IN VIRGINIA



Spring and summer bring warm temperatures, just right for walking in the woods and other outdoor activities. Warm weather also means that ticks become more active and this can increase the risk of a tick-borne disease. The tick-borne diseases that occur most often in Virginia are Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis.

Lyme Disease

Lyme disease is caused by infection with a bacterium called *Borrelia burgdorferi*. The number of Lyme disease cases reported in Virginia has increased substantially in recent years.

The Tick

The blacklegged tick (*Ixodes scapularis*), formerly known as the deer tick, is the only carrier of Lyme disease in the Eastern U.S. The blacklegged tick's name comes from it being the only tick in the Eastern U.S. that bites humans and has legs that are black (or dark chocolate brown) in color.

Lyme disease transmission to humans usually occurs during the late spring and early summer when young (nymph stage) ticks are active and feeding. Tick nymphs normally feed on

small and medium sized animals, but will also feed on people. These ticks typically become infected with the Lyme disease agent by feeding as larvae on certain rodent species.

In the fall, the nymphs become adults and infected nymphs become infected adults. Adult blacklegged ticks prefer to feed on deer. However, adult ticks will occasionally bite people on warm days of the fall and winter and can transmit Lyme disease at that time.

Transmission of Lyme disease by the nymph or adult ticks does not occur until the tick has been attached and feeding on a human or animal host for at least 36 hours.

The Symptoms

Between three days to several weeks after being bitten by an infected tick, 70-90% of people develop a circular or oval rash, called erythema migrans (or EM), at the site of the bite. To qualify as an EM, the rash must be at least two inches in diameter. That is because bites by some tick species can cause local inflammation and redness around the bite that could be mistaken for an EM. Unlike localized inflammation, an EM rash will increase in size and may become more than 12 inches across. As it enlarges, the area around the center of the rash clears, giving it a "bull's eye" appearance. The EM rash does not itch or hurt so if it is not seen, it may not be noticed. In addition to an EM rash, Lyme disease may cause headache, fever, muscle and joint aches, and a feeling of tiredness. If left untreated, Lyme disease may progress to affect the joints, nervous system, or heart several weeks to months after the tick bite. In a small percentage of infected people, late symptoms may occur months to years later and cause long-term nervous system problems or arthritis.



EM Rash

PREVENTING TICK-BORNE DISEASE IN VIRGINIA

Unfortunately, blacklegged tick nymphs are small (about the size of a pinhead), difficult to see, and cause no itch or irritation at the site of the bite, so many people are not aware they have been bitten. If you have been in an area that might contain ticks and you experience any symptoms of Lyme disease, contact your doctor.

The Treatment

When Lyme disease is detected early, its effects can be mild and easily treated with antibiotics. In the late stages, Lyme disease can be treated successfully with antibiotics, but recovery may take considerably longer.

Rocky Mountain Spotted Fever

Rocky Mountain spotted fever (RMSF) is caused by infection with a bacterium called *Rickettsia rickettsii*. The disease is characterized by a sudden onset of symptoms and can be fatal if not treated. Nearly all cases occur in the spring and summer months.

The Tick

In Virginia, the American dog tick (*Dermacentor variabilis*) is the species known to carry the agent of Rocky Mountain spotted fever. The tick needs to feed on a host/person for only about four hours to transmit the bacteria. Fortunately, less than 1% of American dog ticks carry the agent of RMSF.

The Symptoms

Symptoms of Rocky Mountain spotted fever begin 2-14 days after the tick bite, and may include fever, deep muscle pain, severe headache, chills, and upset stomach or vomiting. From the third to fifth day of illness a red, spotted rash may appear, beginning on the wrists and ankles. The rash spreads quickly to the palms of the hands and soles of the feet and then to the rest of the body. However, only about half of RMSF patients develop a rash.

The Treatment

Antibiotic treatment for RMSF is effective, and suspected RMSF should be treated as soon as possible based on symptoms and a history of tick exposure. The risk of death from RMSF increases by the fifth day of illness - but the rash often does not occur until that time. Therefore, do not wait for RMSF blood test results, or the appearance of a rash, before starting treatment. Treatment is important; almost one-third of those who do not get treated die from this disease.

Ehrlichiosis and Anaplasmosis

Although several diseases can be caused by bacteria in the *Ehrlichia* and *Anaplasma* genera, the most common in Virginia are human monocytic ehrlichiosis (HME) and human granulocytic anaplasmosis (HGA). HME is transmitted only by the lone star tick (*Amblyomma americanum*) and most commonly by bites from adult ticks. Lone star ticks are very common and are responsible for the most tick bites to people in Virginia. HGA is transmitted only by the blacklegged tick (most commonly by bites from nymphal stage ticks). The bacteria causing HME or HGA will not be transmitted unless the infected tick has been attached and feeding for at least 24 hours.

The Symptoms

Symptoms for both HME and HGA can include fever, headache, muscle pain, vomiting, and general discomfort. Illness can be severe - up to 3% of patients may die if not treated.

The Treatment

HME and HGA respond rapidly to treatment with antibiotics. Treatment should be based on symptoms (including platelet and liver enzyme tests) and history of tick exposure. Treatment should not be delayed while waiting for ehrlichiosis- or anaplasmosis-specific serology results.

Other Diseases

Ticks can transmit other diseases, such as tularemia (rabbit fever) and babesiosis. Neither of these illnesses is common in Virginia. Tularemia is a bacterial disease that has a sudden onset of fever and chills. Typically, an ulcer develops at the site of the tick bite and surrounding lymph nodes become enlarged. Tularemia is a serious illness and untreated cases may be fatal. Tularemia is most commonly associated with the American dog tick, but may also be transmitted by the lone star tick. Babesiosis is caused by a parasite that infects red blood cells. The babesiosis agent is transmitted only by infected black legged ticks. Symptoms include fever, chills, muscle aches, fatigue, and jaundice. Fatalities may occur in immuno-compromised or splenectomized patients.

PREVENTIN G TICK-BORNE DISEASE IN VIRGINIA

Spotted rash on arm and hand of RMSF patient.



Prevention

Ticks do not jump or fly; they wait on the forest floor, leaf litter, or low vegetation and attach to the feet or shoes of people or legs of animals as they pass by. The ticks then crawl upward.

The following steps can reduce your risk of tick-borne diseases:

- Avoid potential tick habitats such as tall grass and vegetation in shaded areas, forests, and along forest edges.
- Walk in the center of mowed trails to avoid brushing against vegetation.
- Keep grass cut and underbrush thinned in yards. If pesticides are used for tick control, follow directions carefully or hire a professional to apply the pesticide.
- Eliminate wood piles and objects that provide cover and nesting sites for small rodents around your property.
- Wear light-colored clothing so that ticks are easier to see and remove.
- Tuck pant legs into socks and boots, tuck shirts into pants, and wear long-sleeved shirts buttoned at the wrist.
- Conduct tick checks on yourself and your children every four to six hours while in tick habitat.
- Apply tick repellent to areas of the body and clothing that may come in contact with grass and brush. Repellents include those containing up to 50% DEET for adults or less than 30% for children. An aerosol repellent/insecticide containing 0.5% permethrin may be applied to shoes, socks, and other clothing, but should not be used on skin. Follow directions carefully and do not overuse. Some tick repellents can cause toxic or allergic reactions.
- Ask your veterinarian to recommend tick control methods for your pets. Animals can get Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis, but they do not transmit these diseases to humans.

Tick Removal

Because ticks do not transmit disease until they have been attached to the host for several hours or several days, it is very important to remove ticks as soon as they are found. The following is the best way to remove a tick:

- Grasp the tick with tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Avoid any twisting or jerking motion that may break off the mouth parts in the skin. Mouth parts left in the wound may cause irritation or infection similar to a reaction from a splinter.

- If tweezers are not available, protect your fingers with

gloves, tissue, or a paper towel; do not touch the tick with bare fingers. Do not squeeze or rupture the tick's swollen abdomen. This may cause an infectious agent to contaminate the bite site and cause disease.

- After the tick has been removed, wash hands with soap and water. Apply a topical antiseptic to the bite site.

- You can dispose of the tick by drowning it in alcohol or flushing it down a drain or toilet. However, it may be useful to save the tick in alcohol for several weeks and have it identified by an expert in case you become ill. Knowing what kind of tick bit you might help your doctor diagnose the illness..

- Tick removal using nail polish, petroleum jelly, alcohol or a hot match is not safe. These methods could cause the tick to regurgitate an infectious agent into the site of the bite.

www.vdh.virginia.gov

April 2010





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

36811 Allder School Road
Purcellville, VA 20132
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

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

From April 8th – 10th, members of the Student Council Association traveled down to Williamsburg, VA to attend the **90th Annual Virginia Student Councils Association Convention**. For the past year, our very own senior Ryan Thomas has served as President of the VSCA, and he ended his term by presiding over the Convention, which included over 425 delegates from 33 schools.

At the beginning of Convention, Woodgrove students performed a small dance routine, choreographed by Angela Yost, to the song “Work” as part of their explosion. Also, WHS was again entered in the project board competition, which is where schools create a display showcasing what their SCA has done over the past year. Katie Burleson and Robbi Berka worked tirelessly to put together an amazing display of the annual Dodgeball Tournament, complete with information about how much money the tournament raised and The Joe Cassella Foundation.

During Convention, we had the opportunity to host two Learning Labs, which are sessions where students from other schools have the chance to gain new ideas for their school and SCA. This year, we put on The Hype Academy, where we talked about school spirit and our Hype Squad, and Young Leaders, where we talked about our charity selection process and fundraisers – geared toward the middle school delegates in attendance.

As the President School, we introduced several new Convention traditions, such as General Session pep rally games, a spirit point competition, and a Spirit Stick for the winners of said competition. We also had an Illumination Service at the end of everyone’s first day of Convention to allow for students to reflect on their own calling as a leader.

On the second day, students had the opportunity to speak in an Open Forum with members of the State Board of Education on several different topics, such as a coding class being counted as a foreign language credit, a maximum cap on the price of parking permits, and increasing the number of bilingual teachers for ESL/ELL students. VSCA attendees also discussed three resolutions that the organization would be presenting to the Virginia Department of Education. Resolution topics included decreasing the overall impact of final exams on year averages, pursuing the idea of a state-wide common GPA scale, and the cost of AP exams.

Additionally, we had the pleasure to hear guest speak Sunjay Nath. Mr. Nath is a world-renowned speaker on the topic of effective leadership – both to teenagers as well as corporate CEOs. Sunjay entertained the Convention while also challenging the students and adults in attendance to continue to strive for their goal of making their individual schools the best learning and social environments they can be.

Class Council elections were going on throughout April, and the results for the 2016-2017 school year are in. The new officers are:

Senior Class of 2017

President: Erin Stitt

Treasurer: Grace Robinson

Public Relations: Elyse Morris

Junior Class of 2018

President: Ellie Cirillo

Secretary/Historian: Caitlin Williams

Treasurer: Meghan Cleary

Public Relations: Elizabeth Aramayo

Sophomore Class of 2019

President: Grace Kostal

Vice President: Michael McKim

Treasurer: Sam Payne

Public Relations: Shelby Kostal

The currently vacant offices will be filled within the next week, as a second round of applications and essay responses are being collected and read.

Finally, as April ended, Spring Fever Spirit Week was in full effect! Each day had a spirit theme ranging from Safari Day to America Day. The week ended with the final Spirit Plate points of the year being earned and the overall winner being decided. Check out the *Woodgrove Weekly* for more details on how the highly-energetic year-long competition wrapped up.

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

WOLVERINE SPORTS MEDICINE

Volume 6, Issue 9

May, 2016

Sports Injuries

ACL Tears

Nothing creates a greater sense of gloom and doom among student-athletes, coaches and fans than the three letters ACL (the dreaded Anterior Cruciate Ligament). A torn ACL, usually means surgery and at least a six month sentence on the sidelines and weeks upon weeks of therapy.

The ACL is one of the four main ligaments in the knee. It's the smallest of the four but it's the primary stabilizer of the knee. When you cut to change direction, that's when the ACL comes into play. The most common sports in which you see ACL tears include soccer, basketball, football and tennis. The most common mechanism of injury is non-contact and caused by cutting. There's definitely a higher incidence of ACL tears in females than males. Why that is? Nobody knows for sure but some feel that girls have proportionally narrower intercondylar notches than boys. Also boys typically have better muscular development and neuromuscular coordination at an earlier age than girls do.

If you injure your ACL, you may not feel any pain immediately. However, you might hear a "popping" noise and feel your knee give way. Within 2 to 12 hours, the knee will swell and you will feel increased pain. A diagnosis of ACL injury is based on a thorough physical examination of the knee. The exam may include several tests to see if the knee stays in the proper position when pressure is applied from different directions. Your orthopedist may also order an X-ray and MRI.

ACL tears are almost always treated surgically because a torn ACL will never heal on its own. Arthroscopically, you substitute for the ACL with another structure, usually a portion of the patella or hamstring tendon. ACL tears used to be a devastating injury. Now with arthroscopic surgery and proper strengthening and rehabilitation techniques, the future is much brighter. Recovery still takes 6-9 months and involves an operation, but it's no longer career ending.

May, 2016

Nutrition

Vegetarian Diets

Can a student-athlete be a vegetarian and also successful in his/her sport? The answer is a resounding yes. However, even more than a typical student-athlete's diet a vegetarian student-athlete's diet needs to be well planned to provide the necessary nutrients for health as well as performance. Whether the student-athlete chooses a vegetarian diet because of ethical reasons, health, taste, performance enhancement, or religious beliefs, it is important that these vegetarian diets include the following nutrients:

Protein- is found in all foods except fruits, sweets and oils. The best sources of plant based protein include nuts, nut butters, seeds and dried beans.

Vitamin D- is found in milk, egg yolks and fortified cereals and is made naturally by the body when exposed to sunlight.

Iron- is found in iron fortified cereals, spinach, whole grain breads and dried beans. Eat those foods with a Vitamin C source such as citrus fruits or juice to improve absorption.

Vitamin B12- is found in many fortified cereals and soy milks. Certain fermented foods such as miso and tempeh may also contain B12.

Calcium- is found in dairy foods, calcium fortified juices or soy products, cereals or supplements. Spinach, kale and broccoli are good plant sources.

Magnesium- is found in whole grains, nuts and chocolate.

Fiber- is found in fruits, vegetables, whole grain breads, cereal, nuts, beans and brown rice.

Multi-vitamins- may be warranted for some student-athletes.

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

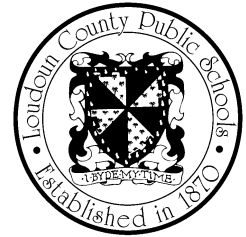
Business & Financial Services

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:

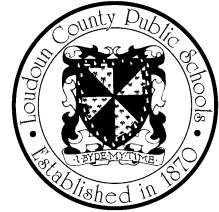
iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.

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**.



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.

