

WOODGROVE HIGH SCHOOL

Principal's Message

April 2017

Woodgrove High School

36811 Alder School Road
Purcellville, VA 20132

Main Office:

540-751-2600

Attendance Office:

540-751-2602

Guidance Office:

540-751-2607

Athletic Office:

540-751-2610

Clinic:

540-751-2606

William S. Shipp
Principal

Daryl Cummings
Assistant Principal

Don Keener
Assistant Principal

Tim Panagos
Assistant Principal

Geri Fiore
Director of School
Counseling

Rusty Lowery
Athletic Director

It has been a sad and difficult week at Woodgrove with the passing of Mr. Bob McMillen. We are grateful for the outpouring of love and support the students, staff, and school community have given to the McMillen family and to each other. For those wishing to send a letter of condolence to the McMillen family, you may do so at this address:

Linda McMillen
140 Churchill Drive
Stephens City, Virginia 22655

Students have asked to create a memorial for Mr. McMillen and we are now beginning to gather ideas and students to work on a committee to decide how best to honor his memory. If you would like to be involved, please contact either Mr. Tim Panagos, Assistant Principal, or Ms. Justine Jarvis, Testing Coordinator.



Our school community continues to grieve together and we now begin to heal together. We will miss him, however, we all were very fortunate to have the opportunity to know and work with a wonderful person. He was a passionate teacher, an exceptional colleague, and most importantly, a great person.



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As we prepare for April, 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 13, 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 Thursday, June 1, 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 President Adrienne Lyne at WoodgrovePTSOPresident@gmail.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 6. Friday, April 7, 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 26th.

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 – thank you for your continued support.

William S. Shipp
Principal

WOODGROVE HIGH SCHOOL

School Counseling News

WELCOME

2017 WHS Scholarship Handbook

The 2017 WHS Scholarship Handbook is officially complete. Most, if not all **scholarship deadlines** from the handbook, fall on or after **April 3, 2017**. You can find an electronic copy and fillable application forms on the Career Center website [here](#). We have received hard copies of the booklets, which are now available for pick-up in the Career Center.

As for the LCPS County-Wide Scholarship & Financial Aid Handbook, you can access the most up to date opportunities by visiting their website [here](#). The electronic copy is available on our website. We have a limited number of hard copies of their booklets in the Career Center.

Course Scheduling

On February 21st, the School Counselors began meeting with students individually to review their course selections for the **2017-2018** school year. Please have a conversation with your son or daughter regarding their classes. After you review their teacher recommendations, please contact their teacher if you have any questions regarding their suggestions. **Please note the final date to make changes to course selections for next year will be June 1, 2017.** Your change request must be provided in writing to your son or daughter's counselor.

Thank you for your support and please let us know if you have any questions or need any assistance.

For weekly updates, please visit our [Woodgrove Weekly News](#) page

Upcoming Events

2017 Town of Leesburg Youth Career EXPO

The 5th Annual Career Expo for Students and Recent Graduates will be on Saturday, April 15th, 2017. Many local businesses will be hiring on the spot for full-time, part-time, seasonal, and intern positions. The Career Expo is free for job seekers. Attendees should wear business attire and bring copies of their resumes. Mark your calendars and take advantage as local businesses bring the jobs to you! For Information, please contact: Ashton Echols at AEchols@leesburgva.gov.

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, April 22, 9:00am
- Saturday, May 20, 9:00am
- Saturday, June 3, 9:00am

Career Center Visits & Info

Visits this year will take place mainly during the Den Time block.

Students must register for visits through [Naviance](#) / [Family Connection](#).

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

4/6 at 11:00 am

US Navy Recruiter

Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

- Mid-April, 2017 – Students will receive letters concerning their status: invited or alternate/wait list

Academic Programs

- Mid-April, 2017 – 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 Career Center.



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

WOODGROVE HIGH SCHOOL

School Counseling News

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

Visit the [LCPS School Counseling](#) webpage for up-to-date county wide scholarship postings.

- [Varsity Tutors Scholarship - \\$1,000 winner each month](#) – Due the 1st – 15th of each month
- [McDaniel College Educator's Legacy Scholarships](#) – Due with preferred college deadline date
- [Esperanza Education Fund Scholarship](#) – Due 4/1/17
- [2017 Federal Water Quality Association Environmental Scholarship](#) – Due 4/10/17
- [Virginia State University Alumni Association Scholarship](#) - Due 4/15/17
- Hamilton-Thompson Lodge No. 37 Scholarship - Due 4/17/17 - applications are in Career Center

Interested in the Military?



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

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

Monthly Military Visit Schedule

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

2016-2017 SAT/ACT Test Dates



www.collegeboard.com

Test Date	Registration Deadline	Late Registration
May 6	4/7	4/25
June 3	5/9	5/24

* Class of 2017, be sure to check your college/university's website regarding SAT scores for the new test format. To learn more about the new, redesigned SAT test, visit <https://collegereadiness.collegeboard.org/sat>.



www.actstudent.org

Test Date	Registration Deadline	Late Registration
April 8	3/3	3/17
June 10	5/5	5/19

Looking for SAT/ACT Prep Options?

Spring SAT and ACT dates are only weeks away. **Kaplan** offers occasional specials to reduce the price for their classes. Visit <http://www.kaptest.com/sat> or call 1-800 KAPTEST to find options in your area.

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

Leadership, Volunteer & Job Opportunities

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

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, 2016 and April 30, 2017.

All volunteer hours must be submitted [online](#) or the completed forms turned into Mrs. Sutphin in the Career Center no later than Wednesday, **May 3rd** in order to be eligible for an award. Stop by the Career Center for the *Instructions for Students Applying for the President's*

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Volunteer Service Award and The Volunteer Record of Service form or if you have any questions.

VIP Boarding Kennel is Hiring Soon!

Kennel Attendants Needed for Fun, Social Dog Kennel. Duties include supervising dog playtime & activities; cleaning dog kennels and play areas. We also board cats and small mammals and reptiles. Must be comfortable with animals and have basic cleaning skills. Scheduling is flexible, but weekend and holiday shifts are required. Fax employment application to 540-882-4034 or email info@vipboarding.com. Employment applications can be found on the Contact Us page of our website. www.vipboarding.com.

Explainers Program at the National Air & Space Museum

Are you a student over the age of 16? Is your GPA 2.7 or higher? Can you interact with diverse groups of people from all over the world? If you answered yes to these questions, you'd probably make a great Explainer. The Explainers Program at the National Air and Space Museum's Steven F. Udvar Hazy Center is seeking motivated, engaging students to inspire life-long learners by connecting them to the stories about the science and technology that make aerospace innovation possible. Explainers engage visitors with hands-on activity carts and interactive demonstrations on topics such as the forces of flight or humans in orbit. Explainers also respond to visitor questions submitted to the How Things Fly website. There's even the chance to teach people how to land a space shuttle or fly a Wright Brothers airplane! The Explainers at the Steven F. Udvar-Hazy Center work every weekend and some weekdays. Hours are flexible according to your academic schedule. For more information and to apply, visit <https://airandspace.si.edu/support/get-involved/student-jobs>.

Papa John's

Papa John's is now hiring Customer Service Reps and Drivers. Insiders must be at least 16 years old. Delivery drivers must be at least 18 years old. For more information contact Bob Gammache at 703-307-6916.

Town of Leesburg Employment

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

Summer Program Opportunities

For all summer program opportunities check out the board in the Career Center.

The Experiment in International Living

Offers several innovative summer abroad programs for high school students. They deliver a range of programs with a particular focus on critical global issues. Programs are offered in Africa, Asia, Europe, Latin America, the Caribbean, North Africa and the Middle East. For more information stop by the Career Center for a 2017 catalog or visit their website at www.experiment.org.

Randolph-Macon Young Women's Leadership Retreat

An exclusive scholarship opportunity is now open for the [Young Women's Leadership Retreat](#) at Randolph-Macon College in historic Ashland, Virginia, from July 13-16, 2017. [Apply by February 1 for early consideration.](#)

Hosted by the Network of Enlightened Women (NeW), this extraordinary opportunity prepares young women to be effective leaders in the cultural and political climate in college. The Young Women's Leadership Retreat offers two tracks: one for rising college freshmen (high school seniors) and another for current college students. The two tracks merge at points during the Leadership Retreat for panel discussions, leadership training, and team-building events.

Acceptance to the Leadership Retreat includes a full scholarship to attend, which covers admissions, lodging, and board. Transportation to Randolph-Macon College must be provided by the student. A select number of students will be admitted, so [apply today!](#)

For more information about the retreat, contact myself or Kendall Wolfson, Director of Operations, at kendall@enlightenedwomen.org.

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 18-23, 2017. 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 4th. Stop by the Career Center for an application today!

Rutgers Pre-Engineering Summer Academy

Rutgers University-New Brunswick is excited to announce an opportunity for students interested in engineering. The Rutgers School of Engineering is offering the chance for students to participate in a new [Pre-Engineering Summer Academy](#) to develop their

WOODGROVE HIGH SCHOOL

School Counseling News

knowledge and skills through real-world field experiences.

This intensive one-week certificate program will introduce students to a variety of engineering areas including:

- Aerospace
- Biomedical
- Civil
- Computer
- Electrical
- Forensic
- Mechanical

Eligible students must:

- Be between the ages of 16-18
- Have completed courses in pre-calculus and physics
- Submit an [online application](#) - *students may apply between December 15 - May 31*

Interested in learning more? Attend an online [information session](#) or visit [Pre-Engineering Summer Academy](#).

FIDM 3 Days of Fashion

Experience fashion through the eyes of a college student in our immersive summer program! Register now at www.fidm.edu/go/summerprogramc or text **FIDMSummer** to **57682**.

Banson NYC High School Fashion Summer Camps

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

2016-2017 Counselor Assignments

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

Mrs. Stephanie Butler Guidance Secretary
Mrs. Rachel Sutphin Career Center Assistant

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

WOODGROVE HIGH SCHOOL NEWS

New Student Drivers and Road Safety

Those students that drive to school need to consider how the weather conditions affect their commute.



Due to various reasons, there tends to be more cars on the road and conditions are changing during wet or rainy mornings. Cars are moving slower due to the amount of vehicles, limited visibility, and the wet road conditions. It is important to make it to your destination safe and on time!



Tips for Student Drivers:

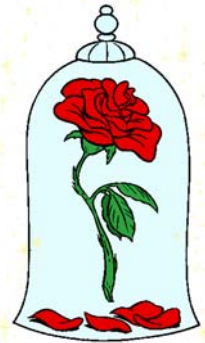
- ✓ Leave early to make it on time.
- ✓ Drive slower and increase your following distance.
- ✓ Be more alert
- ✓ Be sure your windshield wipers are in good shape
- ✓ Don't use cruise control
- ✓ Use headlights



Theater Department News

The Theatre Department at Woodgrove High School is pleased to present the classic Disney tale Beauty and the Beast over two weekends in April. On Friday evening April 21st and April 28th, Woodgrove Theatre will host Princesses and Pirates night and encourage our younger audience members...or even our older audience members to dress up as their favorite Princess or Pirate. Younger audience members will receive a special gift for participating and dressing up. Prior to the Saturday matinee on April 22nd, cast characters will be present for a special Tea with Belle event that starts at 12:30 pm and ends at 1:30 pm.

Reservations include entrance to the special event and the matinee performance at a cost of \$15 per person. Make your reservations by e-mailing



david.noland@lcps.org. The Saturday matinee on April 29 will be the Cappies performance of Beauty and the Beast and there will be evening performances both Saturday April 22nd and Saturday April 29th at 7:00 pm. All tickets are \$10. Advanced tickets can be purchased by visiting the Theatre Departments website at www.woodgroveperformingarts.com and following the links to tickets. Woodgrove Theatre looks forward to the opportunity to share this heartwarming tale with the Loudoun community and beyond.



WOODGROVE HIGH SCHOOL NEWS

SOL News

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

11th grade students will be administered the Multiple-Choice component of the SOL Writing test during their English 11 or AP Lang class on Monday, March 6, and Tuesday, March 7, 2017.

The essay portion of the SOL Writing test will then be given during their English 11 or AP Lang class on Wednesday, March 8, and Thursday, March 9, 2017.

Attendance is highly important. Any questions please contact Justine Jarvis, School Test Coordinator.

Please note: This is an 11th grade SOL test. Seniors who are enrolled in AP Lang will not test as they already tested in English 11 last year. Also, TestNav has been upgraded. Students are encouraged to access information on the website to review the new TestNav features.





Woodgrove High School

Justine Jarvis
Testing Coordinator

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



Dear Parent(s) and Student(s):

The following reference sheet will provide you with materials that are available to you as you prepare for the Standard of Learning (SOL) tests that you are scheduled to take during the Spring Testing Window. Also, please be advised TestNav has been upgraded and students should preview the enhancements prior to test day: from school, any instructional computer or from home (<http://download.testnav.com>)

Students are encouraged to utilize the following resources in preparing for their scheduled SOL's.

History SOL Review

Review @ Home or School:

1. Loudounvision.net

Search: World History 1 or World History 2 or VAUS History

Enrollment Key: wolverines

The site includes practice sets along with specific strands to help students focus on weaknesses.

2. Virginia Department of Education – Released SOL tests

Go to: http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml for released tests. The answers can be found on the last page.

Science SOL Review

1. Virginia Department of Education – Released SOL tests

Go to: http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml for released tests. The answers can be found on the last page.

English SOL Review

1. Study Island – all students scheduled to take the English 11 SOL test were given Study Island account information and are currently scheduled for review help during DENTime. Students enrolled in basic skills will be utilizing this resource as well.

2. Virginia Department of Education – Released SOL tests

Go to: http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml for released tests. The answers can be found on the last page.

Math SOL Review

1. Loudounvision.net

Search: PVH Math SOL remediation

** The site includes practice sets along with videos to help students recall the skills needed for all subjects.

Search: HTH – SOL Review

**There three individual courses that will provide the student with review material and videos for the SOL. Search for the course that applies to you and ENROLL in the course.

HTH – ALL Algebra I SOL Review

HTH – ALL Algebra II SOL Review

HTH – ALL Geometry SOL Review

2. Virginia Department of Education – Released SOL tests

Go to: http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml for released tests. The answers can be found on the last page.

3. Jefferson Lab - Jefferson Lab is an online program that provides students with sample questions similar to the SOL. Once the student completes the test, the incorrect questions have an explanation for clarification. Go to: <http://education.jlab.org/solquiz/>

4. Khan Academy: Extensive library of videos to better explain concepts covered in each course.

If you should have any questions please contact the department chair of the specific content:

English: Dr. Cuzzo, (Christopher.Cuzzo@lcps.org)

History: Ms. Shay, (Diana.Miner@lcps.org) – room 207

Science: Ms. Gemmer (Kathryn.Gemmer@lcps.org)

Math: Ms. Gresh (Kelly.Gresh@lcps.org)

May 2017

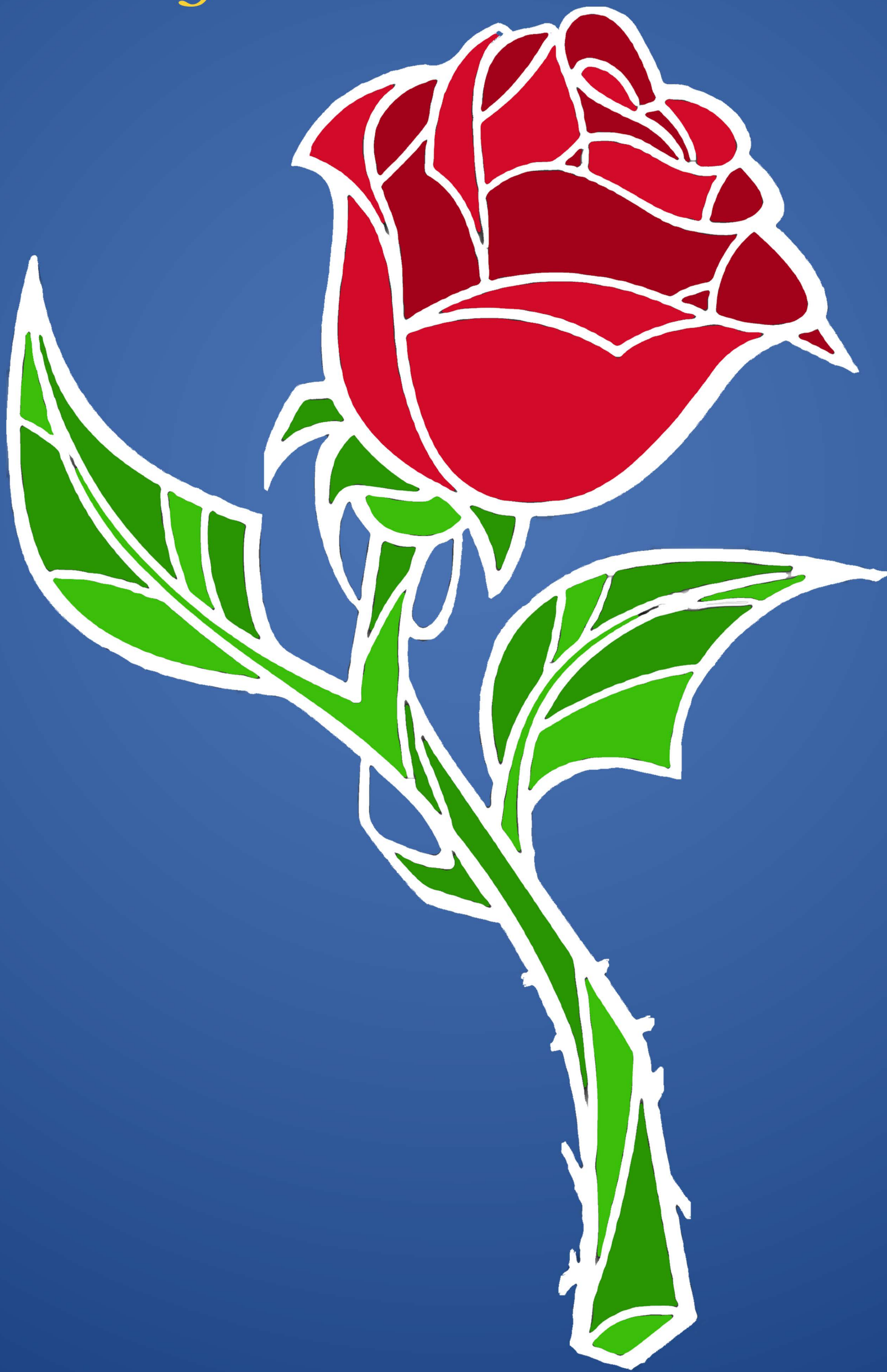
SOL/AP Testing

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
30	1 (A) AP Chemistry (AM) AP Psychology (PM)	2 (B) AP Comp.Science (AM) AP Spanish (AM)	3 (A) SOL Reading AP Eng.Lit/Comp (AM)	4 (B) SOL Reading AP US Govt. (AM)	5 (A) SOL Geometry AP German (AM) AP US History (AM) AP Studio Art (PM)	6
7	8 (B) SOL Geometry AP Biology (AM) AP Music Theory (AM) AP Physics C (PM)	9 (A) SOL Algebra 2 AP Calc.AB/BC (AM) AP French (PM)	10 (B) SOL Algebra 2 AP Eng.Lang/Comp(AM) AP Macro Economics (PM)	11 (A) SOL Algebra 1 AP Comp.Govt. (AM) AP World History (AM) AP Statistics (PM)	12 (B) SOL Algebra 1 AP Human Geo. (AM) AP Microeconomics (AM) AP Latin (PM)	13
14	15 (A) SOL BIO SOL VAUS	16 (B) SOL BIO SOLVAUS	17 (A) SOL ES SOL CHEM	18 (B) SOL ES SOL CHEM	19 (A) SOL WH 1 SOL WH2	20
21	22 (B) SOL WH 1 SOL WH2	23 (A) Makeups	24 (B) Makeups	25 (A) Expedited Retakes Reading	26 (B)	27
28	29 NO SCHOOL☺ 	30 (A) Expedited Retakes Math	31 (B) Expedited Retakes Science	1 (A) Expedited Retakes History	2 (B)	3

2017

Woodgrove Theatre Presents
Disney's
Beauty and the Beast

Music By Alan Menken
Lyrics By Howard Ashman & Tim Rice
Book By Linda Woolverton



April 21, 28 at 7 PM
22, 29 at 2 PM & 7 PM

Presented through special arrangement with Musical Theatre International (MTI) All
authorized performance materials are also supplied by MTI,
421 West 54th Street, New York, NY 10019
Phone: 212-541-4684 Fax: 212-397-4684



Save the Date!

April 22nd

Tea with Belle

One day only! Saturday 4/22 from 12:30-1:15
at Woodgrove HS before the 2pm performance of

Beauty and the Beast

\$15 fee includes a matinee ticket and tea admission. Come visit Belle, Lumiere, Mrs. Potts and Chip, and the creatures of the castle, have snacks, and get autographs before watching the show!

Email David.Noland@LCPS.org to make your reservation!

Full schedule - 6 shows - 4/21,22,28,29 @ 7pm and 4/22&29 @ 2pm

Woodgrove Debate Team 2016-2017

WACFL 1 (Congress and PF)

10/15/16

WACFL 1 (Policy and LD)

10/29/16

JV Policy Lizzie Clark and Abby Lenhart – 3rd Place
 Giovanni Cianciaruso and Hannah Norsworthy – 4th Place
 Grace and Shelby Kostal – 5th Place
 Giovanni Cianciaruso – Best Speaker
 Shelby Kostal – 3rd Best Speaker

WACFL 2 (Congress, PF, and Policy)

11/12/16

JV Policy Giovanni Cianciaruso – 3rd Best Speaker
Novice Policy Nick Cooper and Riley Hartung – 2nd Place
 Riley Hartung – 2nd Best Speaker

James Madison University Tournament

12/2/16

Novice LD Maryam Khan – 8th Place
 Maryam Khan – 5th Best Speaker
 Anthony Cusat – 7th Best Speaker
 Elizabeth Aramayo – 9th Best Speaker
 Darla Puckett – 10th Best Speaker
Open LD Katie Cox – 5th Place
 Katie Cox – 4th Best Speaker
Novice Policy Nick Cooper and Ryan Smith – 2nd Place
 Riley Hartung and Hannah Norsworthy – 3rd Place
Open Policy Giovanni Cianciaruso and Patrick Swisher – 5th Place
 Lizzie Clark and Abby Lenhart – 9th Place

WACFL MEGA**12/2/16**

Student Congress	Jeremy Hopkins – Top Novice
JV Policy	Giovanni Cianciaruso and Patrick Swisher – 1 st Place
	Ryan Smith and Hannah Norsworthy – 6 th Place
	Giovanni Cianciaruso – Best Speaker
Novice Policy	Riley Hartung and Nick Cooper – 3 rd Place
	Riley Hartung – 3 rd Best Speaker
Novice LD	Maryam Khan – 4 th Place

WACFL 4 (LD and Policy)**1/21/17**

Varsity LD	Marleah Puckett – 5 th Place
	Ranger Kasdorf – 6 th Place
Novice LD	Luke Hall – 1 st Place
Varsity Policy	Giovanni Cianciaruso and Patrick Swisher – 4 th Place
	Patrick Swisher – 3 rd Best Speaker

Broad Run Invitational**1/28/17**

Varsity Policy	Lizzie Clark and Abby Lenhart – 2 nd Place
	Giovanni Cianciaruso and Patrick Swisher – 5 th Place

WACFL 5 (Congress and LD)**2/4/17**

Novice LD	Maryam Khan – 3 rd Place
	Anthony Cusat – 4 th Place
	Anthony Cusat – Best Speaker

University of Pennsylvania Tournament**2/12/17**

Novice LD	Anthony Cusat – Through to elimination rounds
Varsity Policy	Lizzie Clark and Abby Lenhart – 6 th Place

Cavalier Clash – University of Virginia**2/24/17**

Novice LD	Darla Puckett – 2 nd Place
	Darla Puckett – 2 nd Best Speaker
Varsity LD	Anthony Cusat – Best Speaker
Policy	Matthew Davison – 5 th Best Speaker

WACFL Metrofinals**3/4/17**

Varsity Policy	Giovanni Cianciaruso and Patrick Swisher – 6 th Place
JV Policy	Lizzie Clark – 3 rd Best Speaker

Conference 21 Tournament**3/18/17**

Policy	Giovanni Cianciaruso and Patrick Swisher – 1 st Place Lizzie Clark and Abby Lenhart – 2 nd Place
LD	Ranger Kasdorf – 3 rd Place

Conference Qualifiers:

Policy	Giovanni Cianciaruso and Patrick Swisher Lizzie Clark and Abby Lenhart
LD	Maryam Khan Katie Cox Ranger Kasdorf

Regional Qualifiers:

Policy	Giovanni Cianciaruso and Patrick Swisher Lizzie Clark and Abby Lenhart
LD	Ranger Kasdorf

National Qualifiers:

Policy	Giovanni Cianciaruso and Patrick Swisher
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Acronyms:

WACFL = Washington Arlington Catholic Forensics League

PF = Public Forum

LD = Lincoln Douglas



Woodgrove High School Student Council Association
36811 Alder School Road • Purcellville, Virginia 20132
540.751.2600



Office of the Communications Director

DEREK SHOCKEY ELECTED VIRGINIA'S 92nd STUDENT COUNCIL STATE PRESIDENT

The Woodgrove High School Student Council sent a delegation of 17 spirited and enthusiastic future leaders to the Virginia Student Councils Association (VSCA) Annual Convention last weekend in Portsmouth, Virginia. Over 530 of the best and most dedicated students from across the Commonwealth gathered for the yearly celebration of what it means to be a student leader, to hear motivational talks from professional speakers and from their peers, and to engage in swap-shop activities in hopes of gathering great ideas from other locations and bringing them back to their own home school.

Part of the annual convention is to elect both Regional Representatives from the eight areas of Virginia, and the three state officers that will lead the organization over the coming year. This year, Woodgrove sophomore Sam Payne ran for the position of Region 4 Representative, using as his campaign slogan, "Vote 4 This Cutie" (our region color is orange). Although Sam did not prevail in his election against a candidate from Woodbridge High School, he was thrilled to have been part of the process. "This was an amazing experience and I am so glad I participated," he said afterward.

Junior Derek Shockey was elected the next State President of the VSCA. His term began Sunday morning when he took his pledge of loyalty, and his duties will take him through the next 12 months as he will prepare to lead the 92nd Convention next spring. Shockey is the third Woodgrove VSCA President in our short seven-year history. He follows in the footsteps of Kelsey Briel, class of 2012, and Ryan Thomas, class of 2016, who also served in this state-level capacity during their senior years. Shockey ran on the platform of stepping out of one's comfort zone – quoting from Christopher Columbus, "You can never cross the ocean until you have the courage to lose sight of the shore." In his campaign speech, Shockey encouraged the other delegates in attendance to reach out to the elementary and middle schools in their area and offer a personal invitation to become more involved in the state level of student council. He also distributed wildflower seeds as his campaign item – challenging the other student leaders to return to their schools, plant the seeds, and provide them with nourishment to grow, just as they need to provide younger generations to grow by helping nourish them.



The experience for the soon-to-be leaders of Virginia was capped off by inspirational talks from Mr. Kent Julian, State Superintendent of Public Instruction, Dr. Steven Staples, State Board of Education member, Mrs. Diane Atkinson, Registered Parliamentarian, Mr. Michael Wagner-Diggs, and Virginia Association of Secondary School Principals Director, Dr. Randy Barrack. Speaking at the end of the Convention, VSCA Director, Mrs. Andrea Vail, said about Woodgrove High School, "We are lucky to have you in our world. Thank you for everything you do for our organization, and we are so looking forward to the coming, successful year."



Sam Payne and Derek Shockey



WHS Delegation to the Convention



Three Presidents: Ryan Thomas (90th President, WHS), Reagan Wampler (91st President, C.D. Hylton HS), Derek Shockey (92nd President, WHS)



WOODGROVE HIGH SCHOOL

Home of the Wolverines

36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601



April 2017

March 10th saw the annual Woodgrove Idol competition return to the stage, as 10 high-energy acts competed for the coveted title. The Student Council helped co-sponsor the event with the PBIS Committee. The singing and music competition was judged by a panel of professional Woodgrove teachers based on skill and creativity – Mr. Hicks, Mrs. Albert, and Mr. Greening. The brave contestants stepped up to perform songs such as "Ispy" and "Swang", along with an original rap by the winner of the contest, Ranger Kasdorf. Woodgrove students raised, through ticket sales, a total of 874 dollars! The places earned by all the performers are:

Woodgrove's Idol: Ranger Kasdorf

2nd Place – Olivia Webb

3rd Place – Dillon Corral

4th Place – Josh Smith

5th Place – Jonathan Wilkerson

Honorable Mention:

Alina Bhatti

Megan Beach and Melissa Mathews

Elyssa Talkington and Georgia Orfanides

Logan Voegele

Vivian Tinajero and Brett Donaty

Congratulations to all the contestants on amazing performances, despite the technical issues we experienced during the show! And a huge thank you to everyone who came out and supported the cause and good works of the PBIS Committee.



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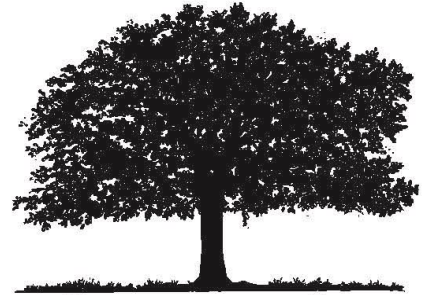
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LONE OAK COFFEE • 22 W BOND STREET • WINCHESTER, VA 22601

WOODGROVE HIGH SCHOOL

Drivers Ed Available



Attention Sophomores,
Juniors and Seniors who
have not taken behind-the-
wheel Why take it
privately and pay more? We have
immediate openings in the morning
and afternoon.

See Mrs. Holland in Guidance to
sign up

**Drivers Ed is also
available during the
summer.**



Is It a Cold or an Allergy?

Symptoms	Cold	Airborne Allergy
Cough	Common	Sometimes
General Aches, Pains	Slight	Never
Fatigue, Weakness	Sometimes	Sometimes
Itchy Eyes	Rare or Never	Common
Sneezing	Usual	Usual
Sore Throat	Common	Sometimes
Runny Nose	Common	Common
Stuffy Nose	Common	Common
Fever	Rare	Never
Duration	3 to 14 days	Weeks (for example, 6 weeks for ragweed or grass pollen seasons)
Treatment	Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines	Antihistamines Nasal steroids Decongestants
Prevention	Wash your hands often with soap and water Avoid close contact with anyone with a cold	Avoid those things that you are allergic to such as pollen, house dust mites, mold, pet dander, cockroaches
Complications	Sinus infection Middle ear infection Asthma	Sinus infection Asthma

WOLVERINE SPORTS MEDICINE

Volume 7, Issue 8

April, 2017

Sports Injuries

Lisfranc (midfoot) Injury

Lisfranc (midfoot) injuries result if bones in the midfoot are broken or ligaments that support the midfoot are torn. A Lisfranc injury is often mistaken for a simple sprain. However, injury to the Lisfranc joint is not a simple sprain that should be simply "walked off". It is a severe injury that may take many months to heal and may require surgery to treat.

The midfoot is a cluster of small bones that form the arch on the top of the foot and is critical in stabilizing the arch and in walking. A twisting fall can break or shift (dislocate) these bones out of place. It is commonly seen in football and soccer players when someone stumbles over the top of a foot flexed downwards. More severe injuries can occur from direct trauma, such as a fall from a height. Lisfranc injuries tend to damage the cartilage of the midfoot joints. If severe midfoot injuries are not treated with surgery, this damage to the midfoot will result in both flatfoot and development of arthritis later in life.

Symptoms of Lisfranc injuries include: pain and swelling on the top of the foot, bruising on the bottom of the foot, and pain or inability to stand on one foot and come up on "tip toes".

Lisfranc injuries are diagnosed through a detailed medical history and physical examination. X-rays and MRI's can also be helpful to confirm the diagnosis.

Non-surgical treatment of Lisfranc injuries includes wearing a non-weight bearing cast for 6-8 weeks and then progress to weight bearing in a removable cast boot or an orthotic. Surgical treatment with internal fixation or even fusion is recommended for all fractures in the joints with abnormal positioning. Some athletes never return to their pre-injury level of sport after these injuries. Despite surgical fixation, arthritis may occur from the damage of the cartilage.

April, 2017

Nutrition

Dangers of "Workout Boosters"

The Food and Drug Administration (FDA) has warned marketers of dietary supplements known as "workout boosters". These popular supplements could increase blood pressure, potentially causing shortness of breath or heart attacks.

With names like Jack3d, OxyElite Pro, Napalm, Code Red and Lean-Efx, these products have been popular with athletes and fitness buffs because they contain an ingredient, known as dimethylamylamine or (DMAA), advertised to increase energy, concentration, and metabolism.

But in a warning from the FDA's director of dietary supplements, companies that distribute DMAA had failed to demonstrate its safety. Agency officials wrote in letters "DMAA narrows the blood vessels and arteries, frequently leading to elevated blood pressure.

DMAA was originally developed in the 1940's by Eli Lilly, the pharmaceutical company, as a nasal decongestant called Forthane, but the drug maker stopped making the medicine. In Canada, the government health agency has classified DMAA as an amphetamine like drug, prohibiting companies there from selling the ingredient as a dietary supplement. And a few years ago, the United States Defense Department investigated whether products containing DMAA played a role in the deaths of 2 soldiers.

A spokesman for GNC said the company was "unaware of any scientific or medical evidence which calls the safety of DMAA into question" and disagreed with the FDA's action. Buyer beware!!

Dress and Grooming

Students are expected to dress appropriately.

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

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

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

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

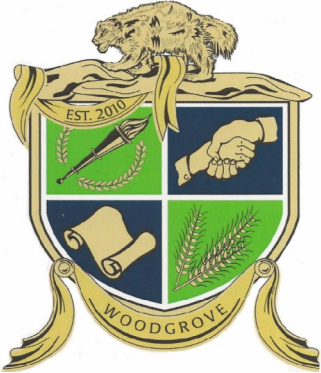
No towels, shirts, or other like items may be draped over the neck.

Chains and studded jewelry are not permitted as accessories.



HELP BUILD ON OUR SUCCESS...JOIN THE

WOODGROVE HIGH SCHOOL



PTSO

Parent Teacher Student Organization

JOIN ONLINE TODAY!! www.lcps.org/Page/69200

Woodgrove PTSO: How we contribute to our school and Community:

- Award academic scholarships to seniors and CAMPUS program graduates
- Fund teacher requests for equipment, curriculum, online instructional programs and support materials
- Fund extra-curricular club participation in regional competitions
- Sponsor staff appreciation functions
- Support our Parent Liaison to assist students in need and their families
- Provide volunteers for various WHS sponsored events

With your support, we will continue to:

- Help fulfill the needs of our WHS learning community by supporting projects not funded by the school budget.
- Recognize, publicize and celebrate our school's successes in all avenues.
- Publish the Woodgrove Weekly newsletter to keep you informed all WHS happenings (please "like" us on Facebook too!)
- Ask for your help and assistance in areas of need—our volunteers are very important to our school's success.

Dues are only \$25 a family or \$10 for individuals and \$5 for students and faculty.

MEMBERS NAME(S): _____

ADDRESS: _____

CITY: _____ **STATE** _____ **ZIP** _____

EMAIL: _____ (REQUIRED FOR WOODGROVE WEEKLY SUBSCRIPTION, ALL ADDRESSES WILL REMAIN STRICTLY CONFIDENTIAL)

PHONE NBR: _____ **AMT ENCLOSED:** _____

(Please return to WHS front office)
(ADDITIONAL DONATIONS are WELCOME and are TAX FREE)

**JOIN ONLINE
TODAY!!**
[www.lcps.org/
Page/69200](http://www.lcps.org/Page/69200)





SUBSCRIBE TO THE WOODGROVE WEEKLY

The Woodgrove Weekly is your best tool for staying informed about everything that takes place within the Woodgrove Community.

The Woodgrove PTSO's weekly newsletter, the Woodgrove Weekly, will keep you up to date about school news and events as well as PTSO activities. The newsletter goes out by email every Monday, and you can sign up in only a minute by putting this address into your web browser:

<http://tinyurl.com/woodgroveweekly>

You do not have to join the PTSO in order to get the newsletter. This is a PTSO service for our whole school community. We will never share your contact information, and you can easily unsubscribe at any time.

The newsletter will come to you from this e-mail address:

WoodgroveHighSchoolPTSO@gmail.com

*Remember to add this to your address book or trusted contacts
so it doesn't end up in your spam or junk folder.*

Grocery & Shopping Reward Programs

Help Woodgrove earn money to supplement the school's educational needs.

Woodgrove High School is registered with [Giant's A+ School Rewards Program](#), [Harris Teeter's Together in Education Program](#), and [AmazonSmile](#). Woodgrove has earned *thousands of dollars* through these free programs, so please enroll or confirm this year's participation today!

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 online.



Giant A+ School Rewards (School ID 09152)

<https://giantfood.com/savings-and-rewards/rewards-program/aplus/>

Select *Register Your Card* to sign up or *Confirm Your Schools* to check which schools you support

Harris Teeter Together In Education (School Code 1613)

<https://www.harristeeter.com/together-in-education>

Click *Link Your School Today* to register or re-link your VIC card



AmazonSmile

<https://smile.amazon.com>

Choose *Woodgrove High School PTSO* as your charitable organization. Every eligible purchase you make through smile.amazon.com will result in a donation to the PTSO.

Please contact WoodgrovePTSOFundraising@gmail.com with any questions.



LCPS MENUS ARE ONLINE
AND CAN BE ACCESSED BY
[CLICKING HERE](http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus)

<http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus>



INFORMATION FOR SCHOOL
BUS ROUTES CAN BE FOUND
[BY CLICKING HERE.](http://www.lcps.org/Page/172774)

<http://www.lcps.org/Page/172774>

Woodgrove High School Bell Schedules 2016-2017 School Year

Period	Normal Day				One-Hour Delay Day		Two-Hour Delay Day	
	Regular Schedule		FACEtime/Clubs Schedule		Time	Min.	Time	Min.
	Time	Min.	Time	Min.				
1 or 5	8:55 - 10:30	95	8:55 - 10:20	85	9:55 - 11:16	81	10:55 - 11:59	64
2 or 6	10:35 - 12:03	88	10:25 - 11:45	80	11:21 - 12:34	73	12:04 - 1:02	58
FACEtime or Clubs			11:50 - 12:20	30				
Open Lunch			12:20 - 12:53	33	12:34 - 1:07	33	1:02 - 1:35	33
3 or 7	12:08 - 2:10	92	12:58 - 2:18	80	1:12 - 2:25	73	1:40 - 2:39	59
Lunch Shift 1	12:03 - 12:33	30						
Lunch Shift 2	12:35 - 1:05	30						
Lunch Shift 3	1:07 - 1:37	30						
Lunch Shift 4	1:39 - 2:10	31						
4 or 8	2:15 - 3:43	88	2:23 - 3:43	80	2:30 - 3:43	73	2:44 - 3:43	59

Notes concerning a Delay Day:

1. If a Delay occurs (or if school is cancelled) on a day that is planned as FACEtime or Clubs, the FACEtime/Clubs will be postponed **one day**, unless that rescheduled day already has an event planned. In this case, the FACEtime/Clubs meeting will be cancelled for the week.
2. If the rescheduled day also has a Delay (or if school is cancelled), the FACEtime/Clubs meeting will be cancelled for the week.

	A Days	B Days
Lunch Shift 1	Fine Arts, English, Counseling, CBI, Basic Skills, Func. Skills, and Copley, Jose, Glover, Gresh, Gustafson, Shildneck, Fortney	Science, Counseling, CBI, Functional Skills, Photo Journalism, Noland
Lunch Shift 2	World Languages, CTE, Math	World Languages, English
Lunch Shift 3	Social Sciences	Social Sciences, and Grove, Bales, Mobley
Lunch Shift 4	Health / PE, Science and L. Spicer	Health / PE, Music, CTE, Newspaper, and Morgan, Demark

Loudoun County Public Schools

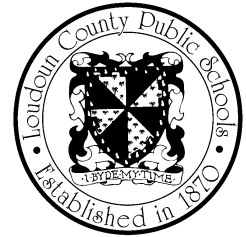
Business & Financial Services

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:

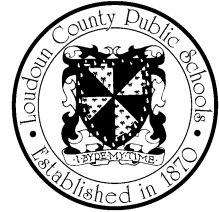
iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.

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.