



# WOODGROVE HIGH SCHOOL

## Principal's Message

January 2017

### Woodgrove High School

36811 Alder School Road  
Purcellville, VA 20132

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Main Office:  
**540-751-2600**

Attendance Office:  
**540-751-2602**

Guidance Office:  
**540-751-2607**

Athletic Office:  
**540-751-2610**

Clinic:  
**540-751-2606**

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**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

Happy New Year! I hope everyone had a safe and enjoyable winter break. With the New Year upon us, we have many important and exciting events planned in the days, weeks, and months ahead. As our first semester ends on Thursday, January 26, please note that our second semester will begin on Monday, January 30, with an "A" day. Friday, January 27, is a planning day for teachers.

Our outstanding parent organizations, WWABC, WWMA and WPTSO have been very busy recently coordinating a number of events here at school. Thank you to Adrienne Lyne and Karina Chiesa of the WPTSO, and the rest of the many Woodgrove families for providing staff with delicious cookies on December 21. What a festive way to begin the winter holiday! We cannot thank our parent groups enough for the wonderful support they provide to our school. Please be sure to look for information on our website regarding meetings and upcoming events. Hopefully you can take some time and participate in these events and opportunities.

We expect 2017 to be a fantastic year at Woodgrove! We wish everyone the best and look forward to your continued support.

William S. Shipp  
Principal

# WOODGROVE HIGH SCHOOL

## School Counseling News

### WELCOME

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](#). The booklets are currently being printed and will be available for distribution in the coming weeks.

As for the LCPS County-Wide Scholarship & Financial Aid Handbook, you can access the most up to date opportunities by visiting their website [here](#). As soon as the electronic copy is available it will be updated on our website. At that time, we will be receiving hard copies of the booklets.

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

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & MATERIALS DUE TO COUNSELOR AND/OR TEACHER
February 1	January 11
February 15	January 25
March 1 and Beyond	February 8

### Upcoming Events

#### College Night

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

#### ASVAB Test

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

#### Super Saturday – FAFSA Day at WHS

Saturday, January 14, 2017 9:00 am – 12:00 pm at Woodgrove High School. LVHS and WHS families are invited to join us for our annual financial aid assistance

and informational session. Time will be allowed to complete FASFA Forms. Sponsored by NVCC.

### Career Center Visits & Info

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

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

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

1/5 at 11:00 am

US Navy Recruiter

1/10 at 11:30 am

US Air Force Recruiter

### Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

*\*nothing at this time*

Academic Programs

*\*nothing at this time*

For more information about the program click [here](#). For application forms stop by the Career Center.



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

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

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

# WOODGROVE HIGH SCHOOL

## School Counseling News

- [GE-Reagan Foundation Scholarship Program](#) – Due 1/5/17
- [Delta Sigma Theta Sorority, Inc. - Loudoun County Alumnae Chapter](#) – Due 1/13/17
- [Tom Joyner Foundation - Full Ride Scholarship Program](#) – Due 1/20/17
- [Asian Pacific Islanders for Professional and Community Advancement \(APCA\)](#) – Due 1/31/17
- [The NHS Scholarship](#) – Due 2/1/17
- [Gloria Wille Bell and Carlos R. Bell Charitable Trust](#) – Due 2/1/17
- [VIP Women In Technology Scholarship \(WITS\)](#) – Due 3/1/17
- [2017 Fort Meyer Thrift Shop Scholarship](#) – Due 3/23/17
- [2017 Legacy of Life Essay & Video Scholarships](#) – Due 3/31/17



### Interested in the Military?

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

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

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

### Monthly Military Visit Schedule

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

### 2016-2017 SAT/ACT Test Dates



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

Test Date	Registration Deadline	Late Registration
January 21	12/21	1/10
March 11	2/10	2/28
May 6	4/7	4/25
June 3	5/9	5/24

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



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

Test Date	Registration Deadline	Late Registration
February 11	1/13	1/20
April 8	3/3	3/17
June 10	5/5	5/19

### Looking for SAT/ACT Prep Options?

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

Registration for **Kaplan's** free PSAT Prep Live has begun. Highly-rated, expert instructors will review all the areas of the exam, streamed live online leading up to test day. Register now by visiting [www.kaptest.com/psatpreplive](http://www.kaptest.com/psatpreplive).

### Leadership, Volunteer & Job Opportunities

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

### Orbital ATK STEM Outreach

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

# WOODGROVE HIGH SCHOOL

## School Counseling News

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

### **Youth Hiring Opportunities**

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

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

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

### **Town of Leesburg Employment**

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

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

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

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

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

### **Loudoun Gymnastics Seeking Talented High School Gymnasts or Cheerleaders for Coaching Employment**

We are opening a gymnastics gym and are currently accepting applications for positions in our Recreational and Team Programs. We are seeking fun, energetic and reliable coaches to teach boys' and girls' Preschool and School Age Gymnastics classes, Trampoline and

Tumbling classes, and also lead Birthday Parties, open play times, Parent's Night Out and No School Day Camps. Part-time to Full-time opportunities for the right candidate. Must have high school or equivalent education. For more information contact the Office Manager at 703-444-9298.

### **J. Crew Leesburg Outlet Job Opportunity**

Part-time applicants must be 18, be available on weekends and holidays and feel comfortable in a fast paced environment. We are super flexible and offer a great discount. If you are interested call 703-737-6703 or email [Store.052@jcrew.com](mailto:Store.052@jcrew.com).

### **Banson NYC High School Fashion Summer Camps**

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

### **More Than Cheer**

More Than Cheer is currently expanding and hiring additional staff. If you know any past or present students or staff with (fall or winter) cheer, dance, or gymnastics experience looking for a part-time or full-time job please send them our way. The pay is VERY competitive and we work around the high school cheer schedules of all of our employees. Interested candidates can email us at [Loudoun@morethancheer.com](mailto:Loudoun@morethancheer.com) or call our studio at 571-210-5323.

### **Interested in Being a Mentor?**

Check out the Mentor Program, a wonderful service club here at WHS. As a participant, students commit to helping an elementary student or a classroom teacher one morning a week prior to the beginning of the school day. Mentors may choose to be a classroom helper or work with an individual student as a tutor or role model. Many mentors choose to go to the school closest to their home or they enjoy volunteering in the elementary school they attended. Students may pick up an application in the Career Center from Mrs. Hayba. Once completed and signed by a parent, an interview is scheduled and then the student is placed and ready to begin. WHS students log their volunteer hours and enjoy this opportunity to give back, and some may even decide to become teachers!

# WOODGROVE HIGH SCHOOL

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## School Counseling News

### **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 LIBRARY HOURS

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

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

Also, the WHS library has a "Free Little Library" available to students and staff. The motto is, "Need a Book? Take a Book. Read a Book? Leave a Book." While books are being taken, not many are being put on the shelf. We are looking for book donations (used books) appropriate for young adults and adults to replenish our free library.

Thank you in advance for your donation.

Library Staff:

*Sherry O'Connor*

*Bob Kane*

*Carolynn Hawthorne*



## From the Global Ambassadors Club

Woodgrove families,

We are so fortunate to be hosting International students



again this year for our annual Woodgrove Global Conference! Last year was a huge success! Our students will be able to form cultural friendships with students from Panama, Hungary, and China!

It is imperative that we find parents who would be willing to host a student from March 24<sup>th</sup> to April 2<sup>nd</sup>, 2017. Without you, we can't make this happen!

If you would kindly consider this, it would be much appreciated.

Please contact Diana Miner, Heidi McPhillips or Maggie Mulloy at their school email. Thank you!



## **Athlete 2 Athlete**

The Athlete 2

Athlete Club hosts

sporting events for individuals that have intellectual and physical disabilities. We had our first event last month and had a tremendous turn out of volunteers. The club relies on volunteers and funds raised by the club in order to operate.

This year's fundraiser is water bottles.

We hope you can support us in this endeavor. If you have any questions, feel free to email Ms. Barrett ([erin.barrett@lcps.org](mailto:erin.barrett@lcps.org))





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

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



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## Athlete2Athlete Water Bottle Order Form

Circle Color:

CHARCOAL

GREEN

BLUE

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

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

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



## **Got CHAIRS?**

**Our Library is looking for  
“comfy” upholstered chairs  
to create reading  
environments for students**



**If you have old usable “comfy” chairs you  
would like to donate to our library, please call  
Jane Haugh, Reading Resource Specialist  
540-751-2600**

Thanks!





## National Honor Society Welcomes New Members

The following students were welcomed into The National Honor Society during the induction ceremony held on December 13<sup>th</sup>. These new members now make the NHS 243 members strong.

We had 102 seniors... now we have 125 seniors and 118 juniors!

Congratulations to all!



Britney Allen	Kirsten Engel	Sophia Makarita	Cassidy Schooling
Samuel Allison	Madison Erb	Andra Matthews	Sophia Sgarrella
Addison Allred	Gabrielle Estep	Declan McCormack	Derek Shockey
Elizabeth Aramayo	Natalie Estep	Chance McQuaid	Zoe Skrobialowski
Noah Balaban	William Fincher	Margaret Mengel	Lillian Smeraldo
Beatrice Baxter	Cullen Franklin	Mariette Metrey	Joshua Smith
Logan Beach	Emily Franklin	Ellie Mumaw	Ryan Sorensen
Alissa Beason	John Friberg	Elisabeth Nagle	Robert Stribling
John Beisler	Owen Fuller	Annabel Nelson	Nicole Stuva
Mikayla Benner	Juan Garcia	Carrie Nichols	Casey Sutara
Matthew Bland	Emily Gardner	Anastasia Niemann	Corbyn Tabod
Lauren Bogle	Benjamin Gehl	Noelle Nocon	Katelynn Tansley
Kate Brantingham	Keeley Glasper	Darya Nouri	Alexis Trombly
Kathryn Brewster	Jennifer Glazebrook	Mpeh Ntantang	Lydia Troxell
Bailey Brooks	Meghan Glidden	Kaleigh Owen	Berkley Umbaugh
Peter Bruton	Jacob Groff	Sydney Partin	Bridget Vasta
John Burroughs	Elyse Haas	Julie Paschal	Hudson Vetter
Quinlan Byrd	Jillian Haas	Gregory Payne	Logan Voegelé
Susan Cahan	Andrew Hale	Kevin Payne	James Warndorf
Ethan Caldas	Luke Hall	Somerset Peede	Collin Warner
Conor Carey	Nicholas Hallam	Samantha Pereira	Kaylee Washington
Hanna Carey	Hannah Hanes	Antanas Petraitis	Olivia Webb
Virginia Carpenter	Tess Hardesty	Annie Piland	Sean Whalen
Sophia Christian	Lauren Heine	Jocelyn Pittelkau	Madison White
Elyssa Cirillo	Keely Hemminger	Kyle Potter	Allison Widzinski
Meghan Cleary	Kaitlin Hill	Adeline Price	Nolan Wilk
Katie Cox	Katelyn Hornyak	Samantha Radford	Caitlin Williams
Emma Crouch	Rachel Hubbuch	Genovi Rattana-Jones	Calvin Woehrle
Matthew Davison	Miranda Huffer	Matthew Renner	Paul Woldt
John Delmonte	Mary Hurst	Shane Reynolds	Sierra Woodward
Stefania Dodd	Dominique Jean	Brooke Rittner	Johann Wunder
Taylor Donches	Kyra Johnson	Joshua Roach	Yuxuan Yang
Caroline Earnshaw	Samantha Kershner	Caroline Roden	Alexis Zimmer-Chu
Eleanor Earnshaw	Jessica Klinkam	Renea Rupp	Katherine Zwicker
Joseph Eastman	Alexander Kozar	Zachary Ruttle	
Thomas Ellis	Eve Lippert	Francheska Sacoto	
	Alexandra Lynham		



# WOODGROVE HIGH SCHOOL

*Home of the Wolverines*

36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601



## January 2017

Happy New Year from the Class Councils and Student Council. Our two biggest events in December were the Winter Pep Rally on Friday, December 16 and the month-long Holiday Door Decorating Contest which ended on Monday, December 19.

The pep rally was full of energy as the Junior Class – led by **Johann Wunder** – really brought the energy! The first event was a snowman-building relay race where contestants were pulled from one end of the gym floor to the other (on a snow sled) and carried back “pieces” of snowmen to be assembled. Celebrity faces on the snowmen included Harrison Furlow, Mr. Shipp, Rozlan Basha, and Mr. Byard.

Next, the winter athletes competed in a ring-toss game using inflatable rings and reindeer antlers. Congrats to the wrestling team for their impressive victory!

The four classes were led by their respective Hype Squad members in a round of Finish the Holiday Lyrics, using clips from “All I Want for Christmas is You,” “Rudolph the Red-Nosed Reindeer,” “Rockin’ Around the Christmas Tree,” and “Jingle Bell Rock.”



The Global Ambassadors club hosted a Duct-Tape-A-Teacher fundraiser over the last two weeks. Social Sciences teacher Mr. Alex Bennett was the lucky “winner” of the contest – raising the most money – and was literally taped to the wall during the rally.



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Our final event was a Cool Whip eating race – no hands – to see which class could find and eat the holiday M & Ms first. Lots of mess, and even more fun! With their impressive showing, the Juniors are starting to close the gap in the point standings:

Junior Class = 746 points

Freshman Class = 795 points

Senior Class = 901 points

**And leading the school...the Sophomore Class = 965 points**

The annual Holiday Door Decorating Contest was run through DENTimes this year, with over 30 actively participating. The winners were announced at the Holiday Assembly on Wednesday, December 21.

Honorable Mention:



English Department



Mr. Spicer



Mrs. Rainsberger



Mrs. Castelli



Ms. Bingaman



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Third Place – Mr. Grove



Second Place – Mrs. Gustafson



First Place – Ms. Sieren

Congrats to the sophomores in **DENTime L601**...your pancake brunch is coming when we return in January!

Coming in early 2017, we'll be getting involved with our charity of the year, St. Jude's Children's Hospital, we'll be working on plans for SnowComing Week and the 100<sup>th</sup> Day of School, and we'll begin looking ahead to the class party at the end of the year for the group that wins the Spirit Plate.

Best wishes on a safe and relaxing Winter Break. We'll see everyone back in 2017.

# WOODGROVE HIGH SCHOOL

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



Attention Sophomores, Juniors and Seniors who have not taken behind-the-wheel . . . . Why take it privately and pay more?

We have immediate openings in the morning and afternoon.

See Mrs. Holland in Guidance to sign up . . . No Wait!!

\* \* 10<sup>th</sup> graders will be eligible after completing Module 5 in the classroom. You must have an A average to sign up after completing Module 5.



Happy New Year from the clinic!

The winter months are here and at this time of year the weather can keep us indoors and makes it hard to find time to stay physically active. Being physically active is important. It can help us feel better and improve our health. There are many fun things you can do to be active by yourself or with friends and family. The US Department of Health and Human Services, National Institute for Health, recommends children and adults should perform thirty minutes or more of moderate physical activity each day. You can do this all at once or three times a day, at ten minute intervals. If you are not routinely exercising you can start out slowly and build up to thirty minutes a day. You can increase activities for longer periods of time as you begin to feel more fit, or add some vigorous activity. If you have any health problems or concerns check with your health care provider before starting any exercise program.

#### IMPROVE YOUR OUTLOOK!

Physical activity can be a solution to feeling tired, bored and out of shape. With an increase in physical activity you may feel less stressed!

#### PHYSICAL ACTIVITY CAN ALSO:

- Increase your energy level.
- Help you lose weight and control your appetite.
- Improve your sleep.
- Decrease your chance for Diabetes, Stroke.
- Lower your blood pressure.
- Improve your cholesterol level.

#### MOVE YOUR BODY!

Change your habits by adding activity to your daily routine. ANY MOVEMENT you do BURNS CALORIES! The more you move the better! You can find many innovative ways to get you STARTED TODAY!

#### TO PERKUP:

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Workout along with an exercise video.

#### TO DO A QUICK WORKOUT:

- Take the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk the mall end to end when you shop.
- Park your car farther away and walk.

#### TO HAVE FUN:

- Dance to the music.
- Hula Hoop.
- Jump rope or play tag with your friends, family or grandkids.
- Use hand-held arm weights during a phone conversation. (check with your Dr. if any concerns about lifting)
- Put up an indoor basketball hoop.
- Bowling, swimming, ice or roller skating, yoga.
- Try indoor sports such as soccer, ice hockey and gymnastics.
- Try Wii Fit Sports Resort, which requires you to be active.
- Create Treasure Hunts with your family inside your house.

Winter and indoor and outdoor activities should be fun for everyone in the family!

#### WHATS THE BEST TYPE OF PHYSICAL ACTIVITY FOR YOU?

It is the one or two activities that you WILL DO! Pick an activity that you will enjoy and will fit into your daily routine. Start with a moderate level and work your way up.

MODERATE ACTIVITIES: Walking, dancing, raking leaves, bowling, gardening, vacuuming, climbing stairs.

VIGOROUS ACTIVITIES: Bicycling, swimming, aerobics, jogging, running, marching in place, sports such as basketball, football, soccer and baseball.

#### MAKE STAYING PHYSICALLY ACTIVE A LIFELONG HABIT!

Make it a family thing. Team up with a partner keeps you motivated. Make it a routine daily habit. Make it a work/school thing! Keep a pair of walking shoes/sneakers at your workplace. Meet with a co-worker and use part of your lunch to be active. Challenge each other to better health!

#### ARE YOU READY TO GET ACTIVE AND CREATE A HEALTHIER YOU?

My goal is to do \_\_\_\_\_(activity) for at least \_\_\_\_\_(minutes) \_\_\_\_\_times a week.

Track your daily progress.....start out slowly. Soon you will reach thirty minutes a day!

Have a happy, healthy and fun new year!

Mrs. Lovasz, RN

## WOLVERINE SPORTS MEDICINE

Volume 7, Issue 5

January, 2017

### Sports Injuries

#### Turf Toe

Turf toe is a sprain that occurs at the base of the big toe. It usually occurs when the toe is bent backward too far and goes beyond where it should go. It can be a significant problem because players use the big toe when they run, plant and push off. It can be so painful that the student-athlete can't play at all.

Turf toe got its name because athletes playing on artificial were at a higher risk of suffering this injury than athletes playing on natural grass. Since artificial turf has such a strong grip, many athletes wore tennis shoes, which have a soft sole, especially in the forefoot. These types of shoes don't protect the toe at all. So it wasn't the turf that caused these injuries but rather the footwear that made these athletes more susceptible. Turf toe can occur on any surface!

Turf toe is usually treated with ice, anti-inflammatory medication, rest and devices or tape used to stiffen the shoe or to prevent the toe from being bent back further. The prognosis for turf toe is pretty good as far as the ability to return to action, but it's relatively poor in the sense that you never really cure the condition. The more you injure the big toe the more the joint starts to become arthritic, which means you'll begin losing motion and mobility. Sometimes you'll develop a large bone spur around the joint that needs to be removed surgically.

The important thing is that getting a stiff-soled shoe like a cleat shoe can prevent this type of injury. This type of shoe usually has a built-in plastic sole that has more rigidity than a tennis shoe.

**January, 2017**

## **Nutrition**

### **Cholesterol**

Cholesterol is a lipoprotein, a soft, waxy substance made by the body and found in all animal foods. The body makes cholesterol from the foods we eat. The more animal fat we eat the more cholesterol the body will make. These foods include meats, poultry, fish, eggs, cheese, and dairy products. All of these foods are also high in the type of fat that raises blood cholesterol levels called saturated fat.

Cholesterol is needed to produce cell membranes, certain hormones, and vitamin D. However, too much cholesterol in your blood can build up on the inner walls of blood vessels. This condition is known as atherosclerosis. These build-ups can restrict, and in some cases totally block the flow of oxygen-rich blood through the blood vessels. When atherosclerosis occurs in the blood vessels that nourish the heart, coronary artery disease, chest pain and heart attack can result.

There are several types of cholesterol, but the two most important are LDL (low-density lipoproteins) and HDL (high-density lipoprotein). LDL's have a thin protein layer and tends to deposit itself on the walls of the blood vessels. For that reason, they are known as "bad" cholesterol. HDL's have a thick protein layer and actually remove cholesterol from the bloodstream. For that reason, they are known as "good" cholesterol.

In most cases, a cholesterol/fat reduced diet and regular exercise can help lower cholesterol in the blood. Some people, however, require cholesterol-lowering drugs to keep their cholesterol levels within safe levels. The best advice for all of us is to reduce our intake of dietary cholesterol and fats, to exercise vigorously 3-5 times a week, and have our cholesterol levels checked regularly.

# Dress and Grooming

*Students are expected to dress appropriately.*

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

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

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

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

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

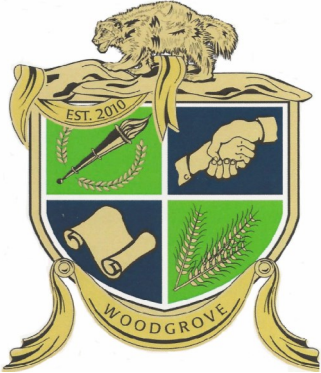
Chains and studded jewelry are not permitted as accessories.





# HELP BUILD ON OUR SUCCESS...JOIN THE

## WOODGROVE HIGH SCHOOL



# PTSO

Parent Teacher Student Organization

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

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

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

***With your support, we will continue to:***

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

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

**MEMBERS NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

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

**PHONE NBR:** \_\_\_\_\_ **AMT ENCLOSED:** \_\_\_\_\_

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

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





## SUBSCRIBE TO THE WOODGROVE WEEKLY

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

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

<http://tinyurl.com/woodgroveweekly>

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

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

[WoodgroveHighSchoolPTSO@gmail.com](mailto:WoodgroveHighSchoolPTSO@gmail.com)

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

## Giant, Harris Teeter & Target Reward Programs

Help Woodgrove earn money to supplement the school's educational needs. The school is registered with Giant's A+ School Rewards Program, Harris Teeter's Together in Education Program and Target's Take Charge of Education Program. Woodgrove has earned thousands of dollars through these programs, so please re-enroll today! You can sign up online any time or visit the tables at Back-to-School night.

The earlier you register, the sooner Woodgrove can start earning credit toward purchasing needed equipment and supplies to benefit our students and teachers. Please follow the directions listed below to sign up for either one of both of the programs online. Please be sure to enter the school code when you sign up.



**Giant**  
**School ID 09152**

Feel like you have already done this? Giant cards must be re-enrolled each year!

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



**Harris Teeter**  
**School code: 1613**

[https://www.harristeeter.com/other/my\\_harris\\_teeter/login\\_page.aspx](https://www.harristeeter.com/other/my_harris_teeter/login_page.aspx)

Woodgrove High School is still participating in **Target's Take Charge of Education Program**. Join now and help us raise money for our school.



**Target Reward Program**  
**School ID 152094**

Target's Take Charge of Education Program

Here's how it works: visit <https://www.secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094. Use your REDcard (Target Visa Credit Card, Target Credit Card, or Target Check Card) whenever you shop and Target will donate up to 1% of your purchases back to Woodgrove. Don't have a REDcard? It's easy to apply. Get started in person at any Target store or go to [Target.com/redcard](https://www.target.com/redcard). Relatives, friends & neighbors are all welcome to participate in this program. The more people involved the more money raise for our school. Check our school's progress anytime at [Target.com/tcoe](https://www.target.com/tcoe).

Any questions please email [WoodgrovePTSOFundraising@gmail.com](mailto:WoodgrovePTSOFundraising@gmail.com). Thanks for your support!



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

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



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

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

# Woodgrove High School Bell Schedules 2016-2017 School Year

Period	Normal Day				One-Hour Delay Day		Two-Hour Delay Day	
	Regular Schedule		FACEtime/Clubs Schedule		Time	Min.	Time	Min.
	Time	Min.	Time	Min.				
1 or 5	8:55 - 10:30	95	8:55 - 10:20	85	9:55 - 11:16	81	10:55 - 11:59	64
2 or 6	10:35 - 12:03	88	10:25 - 11:44	79	11:21 - 12:33	72	12:04 - 1:01	57
FACEtime or Clubs			11:49 - 12:19	30				
Open Lunch			12:19 - 12:55	36	12:33 - 1:09	36	1:01 - 1:37	36
3 or 7	12:08 - 2:10	92	1:00 - 2:19	79	1:14 - 2:26	72	1:42 - 2:40	58
Lunch Shift 1	12:03 - 12:33	30						
Lunch Shift 2	12:35 - 1:05	30						
Lunch Shift 3	1:07 - 1:37	30						
Lunch Shift 4	1:39 - 2:10	31						
4 or 8	2:15 - 3:43	88	2:24 - 3:43	79	2:31 - 3:43	72	2:45 - 3:43	58

	A Days	B Days
Lunch Shift 1		
Lunch Shift 2		
Lunch Shift 3		
Lunch Shift 4		

## Notes concerning a Delay Day:

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



# Loudoun County Public Schools

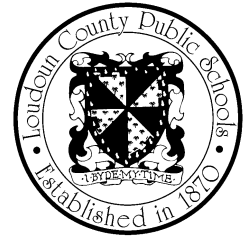
## Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

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



### **ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF**

#### **Loudoun County Public Schools' Insurance Does Not Provide Coverage for Students' and Employees' Personal Property Brought to School.**

Each year the LCPS Procurement/Risk Management Office receives claims where school students and employees have lost valuable personal property brought to school. Every type of personal property is subject to loss by accident, theft, or vandalism.

Examples of personal property include:

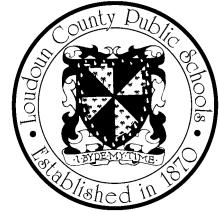
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

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

**Losses Covered:** The plans cover loss or damage, occurring during the policy period, to personal property, which you own or have leased. See policy for items excluded from coverage. Coverage may be purchased on a "cash value or replacement cost" basis with a deductible as low as **\$50 per occurrence**.

**What about Coverage Under Your Homeowners Policy?** If you have questions about your homeowner's policy, ask your agent to go to the ***Worth Avenue Group*** website for more information and then to give you advice. These plans are typically **primary** to the homeowner's coverage and can be used to cover high insurance deductibles.

For further information on this coverage please call **1-800-620-2885** or visit <http://www.worthavegroup.com/> and read about the **various available coverages**.



### **ATENCIÓN: PADRES Y ESTUDIANTES**

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

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

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

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

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

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

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

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

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